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ABSTRACT

This publication lists information about Illinois state agencies and organizations that participate in feeding programs and/or have nutrition programs and nutrition services available to the public. This nutrition services sourcebook lists where one can go for help and available information and services. Statewide organizations which support nutrition services in Illinois and are listed in this publication include: (1) Illinois Department on Aging; (2) Illinois Department of Agriculture; (3) American Dental Association; (4) American Heart Association, Illinois Affiliate; (5) American Medical Association; (6) American Medical Association Auxiliary; (7) American Red Cross; (8) Illinois Association of Community Action Agencies; (9) Dairy Council; (10) Illinois State Board of Education; (11) Greater Chicago Food Depository; (12) Head Start; (13) Illinois Dietetic Association, Inc.; (14) Illinois Hospital Association; (15) Illinois State Medical Society/Illinois State Medical Society Auxiliary; (16) Institute of Food Technologists;(17) March of Dimes Birth Defects Foundation; (18) Illinois Department of Mental Health and Developmental Disabilities; (19) Illinois State Council on Nutrition; (20) Illinois Department of Public Aid; (21) Illinois Department of Public Health; and (22) University of Illinois Cooperative Extension. (JMK)

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NUTRITION SERVICES IN ILLINOIS

FEEDING PROGRAMS AND NUTRITION EDUCATION

ILLINOIS STATE COUNCIL ON NUTRITION

SP024 334

ILLINOIS STATE COUNCIL ON NUTRITION
524 South 2nd Street • Suite 405 • Lincoln Tower Plaza
Springfield, Illinois 62706 • 217/785-8664

REPRESENTATIVE
HARRY (BABE) WOODYARD
CHAIRMAN

VIRGINIA R. HILL
EXECUTIVE DIRECTOR

The Illinois State Council on Nutrition is pleased to make available this updated and revised publication listing information about state agencies and organizations that participate in feeding programs and/or have nutrition programs and nutrition information available to the public. This nutrition services sourcebook lists where you can go for help and what information and services are available.

Our intent has been to identify statewide organizations that have the potential of serving every Illinois citizen rather than local programs that do an equally fine job but on a smaller scale. We hope this sourcebook is helpful to you in pinpointing organizations in Illinois that are furthering nutrition education.

We would like to acknowledge the Illinois Dietetic Association for its financial support of Ann R. Semenske, a student at Chicago State University, who assisted in compiling this publication.

Virginia R. Hill
Executive Director

NUTRITION SERVICES IN ILLINOIS

FEEDING PROGRAMS AND NUTRITION EDUCATION

Compiled By

Illinois State Council on Nutrition
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State Representative

Virginia R. Hill
Executive Director

SECOND EDITION
MARCH, 1984

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ILLINOIS DEPARTMENT ON AGING

Through the Older American's Act 1965, as amended, the Illinois Department on Aging funds 47 nutrition programs for persons 60 years of age and older. Projects are required to serve one hot meal per day that includes at least one-third of the current daily recommended dietary allowances. Nutrition services are provided in all 102 counties. The 47 projects maintain 579 sites. Most of the meals provided are served in a congregate setting, with the balance home delivered.

Eligibility: Persons 60 years of age and older.

Fee: Participants are asked to contribute what they feel they can afford up to the total cost of the meal. Contributions are confidential, and no eligible individual can be denied a meal because of an inability to pay the cost.

Contact: Illinois Department on Aging
421 East Capitol Ave.
Springfield, IL 62706
(217) 785-3356

Nutrition Project Offices:

ADAMS COUNTY
Meals Plus for Seniors
P.O. Box 139
Quincy, IL 62306
(217) 224-5031

ALEXANDER COUNTY
Served by Pulaski County

BOND COUNTY
Served by Marion County

BOONE COUNTY
Served by Winnebago County

BROWN COUNTY
Served by Adams County

BUREAU COUNTY
Served by LaSalle County

CALHOUN COUNTY
Served by Adams County

CARROLL COUNTY
Served by Whiteside County

CASS COUNTY
Served by Morgan County

CHAMPAIGN COUNTY
Served by Coles County

CHRISTIAN COUNTY
Served by Effingham County

CLARK COUNTY
Served by Coles County

CLAY COUNTY
Served by Effingham County

CLINTON COUNTY
Served by Marion County

COLES COUNTY
Peace Meal Senior Nutrition Program
Eastern Illinois University
Charleston, IL 61920
(217) 581-3612

Dept. on Aging (Continued)

COOK COUNTY
City of Chicago
Office for Senior Citizens
Nutrition Program
510 N. Peshtigo
Chicago, IL 60611
(312) 744-7961

COOK COUNTY - SUBURBAN
CEDA Older Americans Division
Nutrition Program
624 S. Michigan Ave., 3rd Floor
Chicago, IL 60605
(312) 435-6900

South Suburban Council on Aging
15300 S. Lexington
Harvey, IL 60426
(312) 596-3001

CRAWFORD COUNTY
Served by Jasper County

CUMBERLAND COUNTY
Served by Coles County

DEKALB COUNTY
F.O.O.D.
145 Fisk Ave.
DeKalb, IL 60115
(815) 758-7431

DEWITT COUNTY
Served by Coles County

DOUGLAS COUNTY
Served by Coles County

DUPAGE COUNTY
DuPage Senior Citizens Council
421 N. County Farm Road
Wheaton, IL 60187
(312) 665-6886

EDGAR COUNTY
Served by Coles County

EDWARDS COUNTY
Served by Wabash County

EFFINGHAM COUNTY
Golden Circle Nutrition
Program
813½ N. Third St.
P.O. Box 928
Effingham, IL 62401
(217) 342-2193

FAYETTE COUNTY
Served by Effingham County

FORD COUNTY
Served by Coles County

FRANKLIN COUNTY
Wit and Wisdom Centers
225 E. Poplar
West Frankfort, IL 62896
(618) 937-3511

FULTON COUNTY
Elderly Nutrition Project
Y.W.C.A.
111 North Avenue A
Canton, IL 61520
(309) 647-9006

GALLATIN COUNTY
Served by Hardin County

GREENE COUNTY
Served by Jersey County

GRUNDY COUNTY
Served by Will County

HAMILTON COUNTY
Served by Wabash County

HANCOCK COUNTY
Served by Adams County

HARDIN COUNTY
Golden Circle Nutrition Center
P.O. Box 178
Elizabethtown, IL 62931
(618) 287-8052

HENDERSON COUNTY
Served by Fulton County

HENRY COUNTY
Henry County Senior Citizens, Inc.
219 W. Second St.
Kewanee, IL 61443
(309) 853-8831

IROQUOIS COUNTY
Served by Coles County

JACKSON COUNTY
Golden Goose Nutrition Project
409 N. Springer
Carbondale, IL 62901
(618) 457-4151

JASPER COUNTY
Embarras River Basin Agency
P.O. Box 307
Greenup, IL 62428
(618) 783-3987

JEFFERSON COUNTY
Sunshine Centers
521 Perkins Ave.
Mt. Vernon, IL 62864
(618) 242-7010

JERSEY COUNTY
Ill. Valley Senior Citizen Nutrition Program
P.O. Box 431
Jerseyville, IL 62052
(618) 498-3483

JO DAVIESS COUNTY
Served by Stephenson County

JOHNSON COUNTY
Served by Pulaski County

KANE COUNTY
Golden Diners Program
202 W. Main St.
St. Charles, IL 60174
(312) 377-0776

KANKAKEE COUNTY
Pembroke Area Family Health Center
P.O. Box 530
Hopkins Park, IL 60944
(815) 944-5241

KENDALL COUNTY
Served by Will County

KNOX COUNTY
New Horizons
150 E. Simmons St.
Galesburg, IL 61401
(309) 342-3778

LAKE COUNTY
Catholic Charities of Lake County
1 N. Genesee St.
Room 203
Waukegan, IL 60085
(312) 249-3500

LASALLE COUNTY
Project NOA
R.R. 1
Oglesby, IL 61348
(815) 224-2720

LAWRENCE COUNTY
Lawrence County Senior Citizens
1705 S. 12th St.
Lawrenceville, IL 62439
(618) 943-2177

LEE COUNTY
Served by Whiteside County

LIVINGSTON COUNTY
Served by Coles County

LOGAN COUNTY
Project Life Senior Nutrition Program
861 S. State
P.O. Box 846
Lincoln, IL 62656
(217) 732-2159

MACON COUNTY
Senior Citizens Nutrition Project
1122 E. Marietta St.
Decatur, IL 62521
(217) 428-4148

MACOUPIN COUNTY
Served by Jersey County

MADISON COUNTY
Food, Facts, and Fun
3512 McArthur Blvd.
Alton, IL 62002
(618) 465-3298

MARION COUNTY
B.C.M.W. Project B.R.E.A.D.
900 E. Rexford - P.O. Box 845
Centralia, IL 62801
(618) 532-3552

MARSHALL COUNTY
Marshall, Stark, Woodford
Elderly Nutrition Program
223 Fifth St.
Lacon, IL 61540
(309) 246-8991

MASON COUNTY
Served by Logan County

MASSAC COUNTY
Served by Pulaski County

MCDONOUGH COUNTY
Served by Fulton County

MCHENRY COUNTY
McHenry County Senior Citizens
Council
133 Illinois St. - P.O. Box 357
Crystal Lake, IL 60014
(815) 455-2157

MCLEAN COUNTY
Served by Coles County

MENARD COUNTY
Served by Sangamon County

MERCER COUNTY
Served by Fulton County

MONROE COUNTY
Served by Randolph County

MONTGOMERY COUNTY
Served by Effingham County

MORGAN COUNTY
Bread of Love
200 W. Douglas St.
Jacksonville, IL 62650
(217) 243-3391

MOULTRIE COUNTY
Served by Coles County

OGLE COUNTY
Served by Whiteside County

PEORIA COUNTY
Peoria Tazewell Elderly
Nutrition Project
Box 817
Peoria, IL 61652
(309) 671-5750

PERRY COUNTY
Gold Plate Program of
Perry County
P.O. Box 345
DuQuoin, IL 62832
(618) 542-3511

PIATT COUNTY
Served by Coles County

PIKE COUNTY
Served by Adams County

POPE COUNTY
Served by Hardin County

PULASKI COUNTY
Shawnee Nutritional Program
Box 298
Karnak, IL 62956
(618) 634-2201

PUTNAM COUNTY
Served by LaSalle County

RANDOLPH COUNTY
Western Egyptian E.O.C.
#1 Industrial Park, Box 7
Steeleville, IL 62288
(618) 965-9112

RICHLAND COUNTY
Served by Jasper County

ROCK ISLAND COUNTY
Project NOW
1919 Fifth Ave.
Rock Island, IL 61201
(309) 788-6335

ROCK ISLAND COUNTY (Continued)
Jewish Federation of the
Quad Cities
224 18th St. - Suite 511
Rock Island, IL 61201
(309) 793-1300
(Kosher Meals)

SALINE COUNTY
Served by Hardin County

SANGAMON COUNTY
Daily Bread Senior Center
701 W. Mason St.
Springfield, IL 62702
(217) 522-5024

SCHUYLER COUNTY
Served by Adams County

SCOTT COUNTY
Served by Morgan County

SHELBY COUNTY
Served by Coles County

STARK COUNTY
Served by Marshall County

ST. CLAIR COUNTY
Illini Senior Nutrition Program
D 1 Building
Apt. 608 Orr-Weathers
1400 Missouri Ave.
East St. Louis, IL 62207
(618) 875-5757

BAC Senior Nutrition Program
201 N. Church St.
Belleville, IL 62221
(618) 234-4410

STEPHENSON COUNTY
NICAA Senior Citizens Services
P.O. Box 506
Freeport, IL 61032
(815) 232-8896

TAZEWELL COUNTY
Served by Peoria County

UNION COUNTY
Served by Pulaski County

VERMILION COUNTY
Senior Adult Meal Service
309 N. Franklin
Danville, IL 61832
(217) 443-2999

WABASH COUNTY
Wabash Area Development
P.O. Box 89
Mill Shoals, IL 62862
(618) 896-5375

WARREN COUNTY
Served by Fulton County

WASHINGTON COUNTY
Served by Marion County

WAYNE COUNTY
Served by Wabash County

WHITE COUNTY
White County Nutrition Project
203-205 E. Robison St.
Carmi, IL 62821
(618) 382-8794

WHITESIDE COUNTY
Golden Meals, Inc.
1600 First Ave.
Rock Falls, IL 61071
(815) 626-4442

WILL COUNTY
Joliet-Will County C.A.A.
407 N. Ottawa
Joliet, IL 60432
(815) 727-8944

WILLIAMSON COUNTY
Williamson County Program
on Aging
212 E. Walnut St.
Herrin, IL 62948
(618) 942-6401

WINNEBAGO COUNTY
Meet and Eat
1115 Sixth Ave.
Rockford, IL 61108
(815) 963-1609

WOODFORD COUNTY
Served by Marshall County

ILLINOIS DEPARTMENT OF AGRICULTURE

The Illinois Department of Agriculture serves the citizens of the State of Illinois through six different divisions. The six divisions are:

Division of Administrative Services
Division of Marketing
Division of Agricultural Industry Regulation
Division of Meat, Poultry and Livestock Inspection
Division of Natural Resources
Division of Fairs and Horse Racing

The Illinois Department of Agriculture, Division of Marketing, acts as a liaison between the public, farm and commodity groups, food companies, and other agencies in order to promote and support Illinois' agriculture. The Division of Marketing administers ongoing programs, such as marketing promotions, research, inquiry responses, and other agricultural services.

Nutrition related objectives include referral to the proper groups and support in promoting good nutrition. In addition, the Division of Marketing conducts taste testing surveys on Illinois food companies' products. Results are then returned to the individual companies.

The Illinois Department of Agriculture building on the Illinois State Fairgrounds has a fully equipped industrial and demonstration kitchen and auditorium for use by agri-business groups. The facility is available, with approval, free of charge. Groups promoting nutrition and foods are invited to use this facility.

For further information from the Department of Agriculture contact:

Illinois Department of Agriculture
Division of Marketing
Bureau of Market Development & Information
Illinois State Fairgrounds
Springfield, IL 62706
(217) 782-6675

AMERICAN DENTAL ASSOCIATION

The American Dental Association's Bureau of Health Education and Audiovisual Services is responsible for the development and distribution of dental health education materials for youth, adult, and professional audiences. Materials include pamphlets, books, posters, wall charts, slides, and films.

The Bureau's "Learning About Your Oral Health" is a prevention-oriented school dental health program. The program includes teaching packets for Preschool, Level I (K-3), Level II (4-6), Level III (7-9), and Level IV (10-12). Each teaching packet provides all the information and materials needed to teach dental health education. Included in the packets are dental health facts for teachers, behavioral objectives, classroom activities, overhead transparencies, and spirit masters. Lesson topics include plaque control, diet and nutrition, dental caries, periodontal disease, fluoridation, professional dental care, and emergency dental procedures. To help with the planning of a comprehensive dental health program, a workbook entitled "A Prevention-Oriented School Based Dental Health Education Program: Guidelines for Implementation" is also available.

Fee: All materials are available for purchase. A catalog of materials is provided upon request.

Contact: Bureau of Health Education
and Audiovisual Services
American Dental Association
211 East Chicago Ave.
Chicago, IL 60611

The Council on Dental Health and Health Planning of the American Dental Association is the agency responsible for programs regarding preventive dentistry and nutrition. The Council has sponsored a number of programs on diet/nutrition and dental health at dental conferences and meetings. Most recently, the Council joined with General Foods Corporation in the presentation of nutrition seminars to dental professionals. The Council will continue to provide nutrition education programs as a part of its ongoing commitment to preventive dentistry.

The Council has recently developed policy statements on the relationship between diet and dental caries and on the use of dietary assessment in the dental office. It has worked closely with the American Dental Association Health Foundation Research Institute's

program examining the cariogenicity of foods. The Council has been active in the food labeling issue, the proceedings of the Federal Trade Commission on advertising to children on television, and in the issue of confections sold to children in schools. For more information, contact:

Council on Dental Health and Health Planning
American Dental Association
211 East Chicago Ave.
Chicago, IL 60611

AMERICAN HEART ASSOCIATION, ILLINOIS AFFILIATE

The American Heart Association, Illinois Affiliate serves all counties in the State of Illinois except Lake, Cook, and DuPage, which are served by the Chicago Heart Association. The Heart Association offers nutrition programs, films, and educational publications.

"Creative Cuisine"

"Creative Cuisine" is a new program for restaurant owners who wish to offer attractive low calorie, low cholesterol items for their customers. Materials for the manager, cook, waiters and waitresses, and the public are available for this program. This program is available in an area if the local heart association chooses to undertake the activity and provides guidance through the help of volunteer dietitians and nutritionists.

"Food for Thought" Game

Cafeterias that have a consistent clientele, such as industrial, business, and governmental facilities, are ideal settings for this project. The program was developed as a card game and presents 54 nutritional messages on oversized playing cards. The messages are enhanced by attractive and colorful graphics. Audience involvement is the key to the project. The game encourages consumers to make lower caloric, higher nutritional value food selections. Each diner is encouraged to take a card from a dispenser as he goes through the cafeteria line. At the end of the 2nd, 3rd, and 4th week, persons with certain combinations of cards are given a prize.

Films

The American Heart Association, Illinois Affiliate maintains a film library which contains nutrition films produced by the American Heart Association and other organizations. These films are available for loan without charge. Return postage and a completed audience report form are required for use of the films. Local heart association service area offices provide information on obtaining the films.

Educational Publications

The American Heart Association, Illinois Affiliate has a large number of educational publications for the public such as "Healthy Eating for Teenagers," "Save Food Dollars and Help Your Heart,"

"Weight Control Guidance in Smoking Cessation," and others. Some publications are designed for adults and others for young people. Single copies and reasonable orders in quantity are available through local service area offices.

Special Diet Material

Information on sodium restricted diets (mild, 1,000 mg., and 500 mg.) and fat moderated diets is available to professionals for use with their patients. These booklets are written for the layman and may be given directly to patients by the association upon receipt of a written prescription from a physician.

Contact: Affiliate Office

American Heart Association, Illinois Affiliate
1181 North Dirksen Parkway
P.O. Box 2666
Springfield, IL 62708
(217) 525-1350

Service Area Offices:

Service Area 10

Ms. Nancy Standen, Sr. Field Director
Ms. Judy Reno, Field Director
412 E. State St.
Rockford, IL 61104
(815) 963-4381

Counties Served:

Ms. Standen	Ms. Reno
Winnebago	Boone
	Carroll
	Jo Daviess
	Ogle
	Stephenson

Service Area 20

Mrs. Christel Grate
Sr. Field Director
4200 11th St.
Rock Island, IL 61201
(309) 788-3401

Bureau-Putnam
Henry
Lee
Mercer
Rock Island
Whiteside

Service Area 30

Ms. Rita Davis, Field Director
Eastgate Shopping Plaza
971 C Aurora Ave.
Aurora, IL 60505
(312) 896-5564 or 896-5703

Kendall
LaSalle
Lower Kane

American Heart Association, Illinois Affiliate (Continued)

Service Area 33

Mrs. Alice Lindsay, Field Director
1020 W. Jefferson St.
Joliet, IL 60435
(815) 741-4043 or 741-4044

Counties Served:

Grundy
Kankakee
Will

Service Area 36

Ms. Betty Medearis, Field Director
321 Spruce
South Elgin, IL 60177
(312) 888-4154 or 888-8474

DeKalb
McHenry
Upper Kane

Service Area 40

Mrs. Sharon Lansdowne, Field Director
Mrs. Gloria Pitts, Field Director
817 W. Armstrong
Peoria, IL 61606
(309) 682-6638

Mrs. Lansdowne	Mrs. Pitts
Peoria-Tazewell	Fulton
Marshall	Knox
	Mason
	Stark
	Woodford

Service Area 50

Mrs. Theresa Williams
Sr. Field Director
605 N. Neil, Suite A
Champaign, IL 61820
(217) 352-6525

Champaign	Douglas
Clark	Edgar
Coles	Vermilion
Cumberland	

Service Area 55

Mrs. Trish Ott, Field Director
1510B N. Main St.
Bloomington, IL 61701
(309) 827-6231 or 827-6232

DeWitt	Livingston
Ford	McLean
Iroquois	Piatt

Service Area 60

Mrs. Frances R. Hensel, Field Director
120 N. 12th St.
Quincy, IL 62301
(217) 223-2230

Adams	McDonough
Brown	Pike
Hancock	Schuyler
Henderson	Warren

Service Area 70

Ms. Donna Beierman, Field Director
1181 N. Dirksen Parkway
P.O. Box 4483
Springfield, IL 62708
(217) 528-9649

Cass	Morgan
Greene	Sangamon
Menard	Scott

American Heart Association, Illinois Affiliate (Continued)

Service Area 75

Mrs. Eunice DeHaven, Field Director
985½ W. Pershing Road, Suite B
Decatur, IL 62526
(217) 877-7922

Counties Served:

Christian
Logan
Macon
Montgomery
Moultrie
Shelby

Service Area 80

Mrs. Kathy Lohr, Field Director
101 Plaza Court
Edwardsville, IL 62025
(618) 656-3015

Bond
Calhoun
Jersey
Macoupin
Madison (Southern & Upper)

Service Area 85

Mrs. Vaunda Nizolek
Sr. Field Director
301 N. High St.
Belleville, IL 62221
(618) 235-5040

Clinton
Monroe
Randolph
St. Clair
Washington

Service Area 90

Mrs. Lynn Carter, Field Director
219 N. Main St.
Flora, IL 62839
(618) 662-2098

Clay
Crawford
Edwards
Effingham
Fayette
Jasper
Jefferson
Lawrence
Marion
Richland
Wabash
Wayne
White

Service Area 99

Mrs. Jacquelyn Sanders
Field Director
1007 W. Mill St., Box 3496
Carbondale, IL 62901
(618) 457-2121 or 457-2122

Alexander
Franklin
Gallatin
Hamilton
Hardin
Jackson
Johnson
Massac
Perry
Pope
Pulaski
Saline
Union
Williamson

The Chicago Heart Association
20 N. Wacker Dr.
Chicago, IL 60606
(312) 346-4675

Cook
DuPage
Lake

AMERICAN MEDICAL ASSOCIATION

Several publications are available from the Food and Nutrition Program of the American Medical Association.

Reprints

Reprints of the below publications are available free of charge (single copies only) and should be identified by number when ordered. Send order for reprints to:

Food and Nutrition Program
American Medical Association
535 N. Dearborn St.
Chicago, IL 60610

1. The Nutritive Quality of Processed Foods: General Policies for Nutrient Additions

2. Single-Nutrient Effects on Immunologic Functions - Report of a Workshop

3. The Dilemma of Morbid Obesity - Theodore B. Van Itallie, M.D. and John G. Kral, M.D., Ph.D.

5. AMA Concepts of Nutrition and Health - Report of the AMA Council on Scientific Affairs, adopted by the House of Delegates

6. Nutritional Care of the Cancer Patient - William D. DeWys, M.D.

7. Enteral and Parenteral Nutrition in the Care of the Cancer Patient - William D. DeWys, M.D. and Thomas T. Kubota, M.D.

8. Sodium, Salt and Dietary Restriction - Stephanie C. Crocco, Ph.D.

9. Guidelines for Essential Trace Element Preparations for Parenteral Use - A Statement by an Expert Panel

10. The Beverly Hills Diet: Dangers of the Newest Weight Loss Fad - Gabe B. Mirkin, M.D. and Ronald N. Shore, M.D.

11. The Science of Infant Nutrition and the Art of Infant Feeding - Calvin W. Woodruff, M.D.

12. Iodine: Fifty Years After Goiter - Stephanie C. Crocco, Ph.D. and Philip L. White, Sc.D.

American Medical Association (Continued)

13. Nutrition and the New Health Awareness - Philip L. White, Sc.D. and Nancy Selvey, R.D.

16. Sodium in Processed Foods - Report of the AMA Council on Scientific Affairs, adopted by the House of Delegates

17. Activities of the AMA's Department of Foods and Nutrition

20. A Critique of Low Carbohydrate Ketogenic Weight Reduction Regimens - A Statement by the Council on Foods and Nutrition

21. Nutrition in the 1970s (A Review) - Philip L. White, Sc.D. and Nancy Selvey, R.D.

22. Foods and Nutrition 1981 - Philip L. White, Sc.D.

Publications For Sale

When ordering the following publications, make check or money order payable to American Medical Association. Send order for books and pamphlets to:

Order Department
American Medical Association
P.O. Box 10946
Chicago, IL 60610

Books

OP-163	Diet and Exercise: Synergism in Health Maintenance	$12.00
OP-150	Foodborne Disease and Food Safety - Angela Gilchrist	18.00
OP-080	Sodium and Potassium in Foods and Drugs	6.00

Handling Charges For Books: Regular: On orders of $.00 - $10.99: $1.50. Orders of $11.00 or more: $2.00. Special (UPS): All orders: $3.00.

Pamphlets

		1 to 99 copies, each:	100 to 499, each:	500 to 999, each:	1,000 or more, each:
OP-003	The Healthy Approach to Slimming	$1.00	.80	.60	.40
OP-048	Foodborne Illness-- The Consumer's Role in Its Prevention	.30	.20	.18	.18

American Medical Association (Continued)

Pamphlets (continued):

		1 to 99 copies, each:	100 to 499, each:	500 to 999, each:	1,000 or more, each:
OP-031	Your Age and Your Diet, Infancy Through Adulthood	.60	.45	.35	.20
OP-107	Vitamin-Mineral Supplements and Their Correct Use	1.00	.80	.70	.65
OP-145	Sodium and Your Health	.50	.35	.30	.25

Handling Charges For Pamphlets: Regular: On orders of $.00 - $10.99: $1.00. Orders of $11.00 or more: $1.50. Special (UPS): All orders: $3.00.

AMERICAN MEDICAL ASSOCIATION AUXILIARY

Shape Up For Life Campaign

In 1979, the AMA Auxiliary launched the Shape Up for Life campaign. An ongoing effort, the campaign is aimed at keeping people healthy. Beginning with a focus on nutrition, the campaign has since focused on physical fitness, stress management, and total fitness for all ages. The following nutrition materials are components of the Shape Up for Life program:

Brochures: FOOD AND FITNESS
MAKE GOOD HEALTH A HABIT

Poster: SHAPE UP FOR LIFE

Package Programs

The AMA Auxiliary Package Programs are comprehensive booklets covering all aspects of a particular topic including community resources and project ideas. Single copies are free, and quantity amounts are $1.00 per copy. A check payable to AMA Auxiliary must accompany orders for multiple copies.

CHILDREN AND YOUTH - covers a broad range of health issues affecting today's children including nutrition and current diseases associated with eating habits.

FOOD FOR FITNESS - promotes the need for good nutrition and offers programs for homemakers, consumers, children, senior citizens, and teens. Extensive resource lists are included.

Contact: AMA Auxiliary
535 North Dearborn St.
Chicago, IL 60610

AMERICAN RED CROSS

Better Eating For Better Health Program

The purpose of the Better Eating for Better Health Program sponsored by the American Red Cross is to enable the consumer to make wise personal food decisions for better health based on current knowledge in nutrition. The nutrition course is organized by the American Red Cross Nursing and Health Services national headquarters in conjunction with the Human Nutrition Information and Dietary Guidance Staff of USDA, Washington, D.C.

Nutrition courses may be offered at Red Cross Chapters, hospitals, health centers, civic clubs, churches, housing centers, work places, social service agencies, county extension services, and other appropriate sites. The courses consist of six two-hour sessions (12 hours) for which the participants are asked to pay, if able, to cover the cost of books, training supplies, and in some cases, the use of a building or facility. Specific course fees are determined by Red Cross Chapters. Course fees will be waived for those unable to pay. At the end of the course, participants who have completed all sessions will receive a certificate.

In Illinois, courses will be taught by registered dietitians. Members of the community with an interest in their nutritional health are encouraged to participate. Additional information may be obtained by telephoning the nearest chapter.

American Red Cross Chapters - Illiana Division:

Central Illinois Chapter
1224 N. Berkley Ave.
Peoria, IL 61603
(309) 674-7171

DeKalb Chapter
P.O. Box 141
DeKalb, IL 60115
(815) 758-3474

DeKalb County Chapter
135 Sabin St.
Sycamore, IL 60178
(815) 895-3973

Fox River Chapter
101 S. Second St.
St. Charles, IL 60174
(312) 584-8752

Lee County Chapter
112½ W. First St.
Dixon, IL 61021
(815) 284-2829

Macon County Chapter
500 E. Lake Shore Dr.
Decatur, IL 62521
(217) 428-7758

American Red Cross (Continued)

McHenry County Chapter
202 W. South St.
Woodstock, IL 60098
(815) 338-1050

Mid America Chapter
43 E. Ohio St.
Chicago, IL 60611
(312) 440-2000

Northwest Illinois Chapter
11 E. Exchange St.
Freeport, IL 61032
(815) 233-0011

Plano Chapter
102 W. Steward St.
Plano, IL 60545
(312) 552-8710

Rock River Chapter
727 N. Church St.
Rockford, IL 61103
(815) 963-8471

Sangamon Valley Chapter
1025 S. Sixth St.
Springfield, IL 62703
(217) 522-3357

ILLINOIS ASSOCIATION OF COMMUNITY ACTION AGENCIES

In 1964, the first community action agency opened its doors in Illinois to begin a tradition of service and advocacy for Illinois' disadvantaged, elderly, and handicapped citizens.

Community action is just what the name implies - a community bringing together the many abilities of its citizens; tapping various local, state, and federal resources; enlisting professionals on behalf of the community; and especially involving volunteers to help solve the problems of the community's low income citizens.

Community action programs are operated locally by Community Action Agencies (CAA). In addition, Local Administering Agencies (LAA), which are community-based organizations, offer similar programs and services which supplement community action. The Illinois Association of Community Action Agencies serves as the coordinating mechanism for the efforts of community action programs in the state. The Association office is located at 1205 S. Eighth Street, P.O. Box 1090, Springfield, Illinois, 62705.

Many community action programs have emergency food and shelter programs to assist low income citizens. Persons needing information regarding emergency feeding programs should contact the local CAA/LAA in their area.

Community Action Agencies/Local Administering Agencies:

ADAMS COUNTY

Two Rivers Regional Council
of Public Officials
Franklin Square
Fourth & State St.
Quincy, IL 62301
(217) 224-8171

Also serving: Brown, Pike
and Schuyler Counties

CHAMPAIGN COUNTY

Champaign County Regional
Planning Commission
P.O. Box 339
Urbana, IL 61801
(217) 328-3313

CHAMPAIGN COUNTY (Continued)

Urban League of Champaign
County
17 Taylor St.
Champaign, IL 61820
(217) 356-1364

COOK COUNTY

CEDA of Cook County
624 S. Michigan Ave.
Chicago, IL 60605
(312) 435-6900

Chicago Dept. of Housing
318 S. Michigan Ave.
Chicago, IL 60610
(312) 922-7922

Illinois Association of Community Action Agencies (Continued)

COOK COUNTY (Continued)

Chicago Department of Human Services
640 N. LaSalle St., Room 370
Chicago, IL 60610
(312) 744-8115

CUMBERLAND COUNTY

Embarras River Basin Agency
115 S. Kentucky, P.O. Box 307
Greenup, IL 62428
(217) 923-3113

Also serving: Clark, Coles, Crawford, Douglas, Edgar, Jasper, Lawrence, and Richland Counties

DUPAGE COUNTY

DuPage County Department of Human Services
421 N. County Farm Road
Wheaton, IL 60187
(312) 682-7703

EFFINGHAM COUNTY

CEFS Economic Opportunity Corp.
813½ N. Third, P.O. Box 928
Effingham, IL 62401
(217) 342-2193

Also serving: Christian, Clay, Fayette, Montgomery, Moultrie, and Shelby Counties

FRANKLIN COUNTY

Illinois Farmers Union - CETA
P.O. Box 56
Zeigler, IL 62999
(618) 596-2781

Also serving: Jackson, Jefferson, and Williamson Counties

FULTON COUNTY

Fulton County Health Dept.
488 N. Main St.
Canton, IL 61520
(309) 647-1383

Spoon River College - Fulton County Weatherization
37 S. First Ave.
Canton, IL 61520
(309) 647-7553

KANE COUNTY

Community Contacts, Inc.
1035 E. State St.
Geneva, IL 60134
(312) 232-9100

Also serving: DeKalb and DuPage Counties

PLUS, Inc.
222 E. Wilson, P.O. Box 228
Batavia, IL 60510
(312) 879-1185

Also serving: DeKalb and DuPage Counties

KANKAKEE COUNTY

Kankakeeland CAP
1309 E. Court St.
Kankakee, IL 60901
(815) 937-8200

KENDALL COUNTY

Kendall County Dept. of Human Services
1212 Bridge St.
Yorkville, IL 60560
(312) 553-9100

Also serving: Grundy County

KNOX COUNTY

Carver Community Action Agency
Depot and Berrien, P.O. Box 28
Galesburg, IL 61401
(309) 342-0158

LAKE COUNTY

Lake County CAA
102-106 S. Sheridan
Waukegan, IL 60085
(312) 249-4330

LOGAN COUNTY

Central Illinois Economic Development Corp.
P.O. Box 846
Lincoln, IL 62656
(217) 732-2159

Also serving: DeWitt, Mason, Menard, and Piatt Counties

MACON COUNTY

Decatur-Macon County Opportunities Corp.
1122 E. Marietta
Decatur, IL 62521
(217) 428-2193

MACOUPIN COUNTY

Illinois Valley Economic Development Corp.
130½ N. Broad St.
Carlinville, IL 62626
(217) 854-9677

Also serving: Calhoun, Greene, and Jersey Counties

MADISON COUNTY

Madison County Economic Opportunity Comm.
4105 Humbert Rd.
P.O. Box 1193
Alton, IL 62002
(618) 463-0025

MARION COUNTY

BCMW Community Services
909 E. Rexford, P.O. Box 845
Centralia, IL 62801
(618) 532-7388

Also serving: Bond, Clinton, and Washington Counties

MCDONOUGH COUNTY

Western Illinois Regional Council
223 S. Randolph
Macomb, IL 61455
(309) 837-3941

Also serving: Hancock, Henderson, and Warren Counties

MCHENRY COUNTY

McHenry County Housing Authority
P.O. Box 683
Woodstock, IL 60098
(815) 338-7752

MCLEAN COUNTY

Mid-Central Economic Opportunity Corp.
1100 W. Market
Bloomington, IL 61701
(309) 829-0691

Also serving: Livingston County

MORGAN COUNTY

MCS Community Services
300 State St.
Jacksonville, IL 62650
(217) 243-4711

Also serving: Cass and Scott Counties

Illinois Association of Community Action Agencies (Continued)

PEORIA COUNTY

Peoria Citizens Comm. for EO
711 W. McBean
Peoria, IL 61605
(309) 671-3900

PULASKI COUNTY

Shawnee Development Council, Inc.
P.O. Box 298
Karnak, IL 62956
(618) 634-2201

Also serving: Alexander, Hardin, Johnson, Massac, Pope, and Union Counties

RANDOLPH COUNTY

Western Egyptian Economic Opportunity Council
#1 Industrial Park, Box 7
Steeleville, IL 62288
(618) 965-3458

Also serving: Jackson, Monroe, and Perry Counties

ROCK ISLAND COUNTY

Project NOW
P.O. Box 1179
Rock Island, IL 61201
(309) 793-6382

Also serving: Henry and Mercer Counties

SANGAMON COUNTY

Sangamon County Community Development
2525 Sangamon Ave., East
Springfield, IL 62703
(217) 789-6688

Also serving: Cass County

Springfield/Sangamon County Community Action
1101 S. 15th St.
Springfield, IL 62703
(217) 788-0755

ST. CLAIR COUNTY

St. Clair County CAA
4700 E. State
East St. Louis, IL 62205
(618) 874-0371

STEPHENSON COUNTY

Northwestern Illinois CAA
103-109 N. Chicago
Freeport, IL 61032
(815) 232-3141

Also serving: Jo Daviess County

TAZEWELL COUNTY

Tri-County Regional Planning Commission
P.O. Box 2200
East Peoria, IL 61611
(309) 694-4391

Also serving: Woodford County

VERMILION COUNTY

Vermilion County Citizens Action Committee for Economic Opportunity
501 N. Kimball, P.O. Box 539
Danville, IL 61832
(217) 443-2705

Also serving: Ford and Iroquois Counties

WHITE COUNTY

Wabash Area Development, Inc.
P.O. Box 89
Mill Shoals, IL 62862
(618) 896-5375

Also serving: Edwards, Gallatin, Hamilton, Saline, Wabash, and Wayne Counties

WHITESIDE COUNTY

Tri-County Opportunities
Council
405 Emmons Ave.
Rock Falls, IL 61071
(815) 625-7830

Also serving: Bureau, Carroll,
LaSalle, Lee, Marshall, Ogle,
Putnam, and Stark Counties

WILL COUNTY

Joliet-Will County CAA
407 N. Ottawa St.
Joliet, IL 60432
(815) 727-8900

Also serving: Grundy County

WILLIAMSON COUNTY

Volunteer Services, Inc.
2209 W. Main St.
Marion, IL 62959
(618) 997-4371, Ext. 286

Also serving: Franklin and
Jefferson Counties

WINNEBAGO COUNTY

Rockford Human Resources Dept.
200 N. Johnston Ave.
Rockford, IL 61103
(815) 987-5782

Also serving: Boone County

DAIRY COUNCIL

St. Louis District Dairy Council

Established in 1932, the St. Louis District Dairy Council is a non-profit nutrition education organization. Dairy Council goals are to provide people with accurate and reliable information upon which to develop wise food choice skills. Research findings from recognized and accepted scientific investigation form the foundations of the Dairy Council Program.

The Dairy Council staff of Home Economists, Registered Dietitians, and Nutrition Consultants serve 80 southern and central Illinois counties from the St. Louis headquarters office or from area offices in Carbondale, Effingham, Springfield, Champaign, and Peoria.

St. Louis District Dairy Council Services include:

-- Providing current nutrition education materials for all age levels.

-- Complete curriculums are available for pre-school, (FOOD... Early Choices); elementary, (FOOD...Your Choice Levels 1, 2 and 3 for grades K-6); and for grades 7-10, (FOOD...Your Choice Level 4). The 7-10 materials are for each of the following areas: Home Economics, Health, Science, and Social Studies. Level 5 materials are Special Topics for grades 11 and 12. These topics include (1) FOOD POWER: A Coach's Guide to Improving Performance and (2) YOU: A Guide to Food, Exercise and Nutrition.

-- Providing materials and workshops to support School Food Service programs. The Dairy Council's program Taste...Your Choice helps get elementary kids back into the school lunchroom with special activities and large colorful posters featuring the fun-loving Taste-Buddies.

-- Providing information about the use of dairy foods, the dairy industry, and the services of Dairy Council through mass media.

-- Participating in conventions and meetings with workshops, exhibits or displays, and other visual aids.

-- Offering service as a resource for government, professional, medical, and community leaders.

Dairy Council (Continued)

General Office: St. Louis District Dairy Council
8710 Manchester Road
St. Louis, MO 63144
(314) 961-3100

Southern Illinois Area Offices:	Counties Served	
Dairy Council Southern IL Division 1701 S. Prospect Ave. Champaign, IL 61820 (217) 352-0458	Champaign Coles Douglas Edgar	Moultrie Piatt Vermilion
Dairy Council Southern IL Division P.O. Box 3312 Carbondale, IL 62901 (618) 549-8431	Alexander Franklin Gallatin Hamilton Hardin Jackson Jefferson Johnson Massac	Perry Pope Pulaski Randolph Saline Union Washington White Williamson
Dairy Council Southern IL Division P.O. Box 3466 Springfield, IL 62708 (217) 528-8100	Adams Brown Calhoun Christian DeWitt Greene Jersey Logan Macon	Macoupin McLean Menard Montgomery Morgan Pike Sangamon Schuyler Scott
Dairy Council Southern IL Division 444 S. Willow Effingham, IL 62401 (217) 347-5474	Bond Clark Clay Clinton Crawford Cumberland Edwards Effingham	Fayette Jasper Lawrence Marion Richland Shelby Wabash Wayne
Dairy Council 8710 Manchester Rd. St. Louis, MO 63144 (314) 961-3100	Madison Monroe St. Clair	

Dairy Council (Continued)

Central Illinois Area Offices:

Dairy Council
Central IL Division
P.O. Box 683
Peoria, IL 61652
(309) 685-0173

Dairy Council
1701 S. Prospect Ave.
Champaign, IL 61820
(217) 352-0458

Counties Served

Bureau	McDonough
Cass	Peoria
Fulton	Stark
Knox	Tazewell
Mason	Warren
Ford	Livingston
Grundy	Marshall
Iroquois	Putnam
LaSalle	Woodford

Dairy Council, Inc.

Dairy Council, Inc.
1222 E. 37th St.
Davenport, IA 52807
(319) 391-2384

Rock Island

Dairy Nutrition Council, Inc.

The Dairy Nutrition Council, Inc., an affiliate of the National Dairy Council, was founded in 1931. The Dairy Nutrition Council is a non-profit nutrition education organization supported by the dairy industry to disseminate sound nutrition principles in Northern Illinois and Lake County, Indiana.

The qualified staff of dietitians and home economists is committed to teaching sound nutrition principles. Information is presented in lecture and/or workshop format to interested persons at no cost.

The Dairy Nutrition Council distributes literature and teaching aids to health professionals, consumers, and schools. "FOOD... Your Choice" is a sequential nutrition learning program developed for students from preschool through high school. The learning program and other educational materials are available for a nominal charge.

Contact:

Dairy Nutrition Council, Inc.
Suite 807
Six N. Michigan Ave.
Chicago, IL 60602
(312) 641-0895

Counties Served

Boone	Lake
Carroll	Lee
Cook	McHenry
DeKalb	Ogle
DuPage	Stephenson
Jo Daviess	Whiteside
Kane	Will
Kankakee	Winnebago
Kendall	

National Dairy Council

The following counties in Illinois are not served by the St. Louis District Dairy Council, Dairy Council, Inc., or Dairy Nutrition Council, Inc. These counties must purchase materials from the National Dairy Council.

Contact:

National Dairy Council
6300 N. River Road
Rosemont, IL 60018
(312) 696-1020

Counties Served

Hancock
Henderson
Henry
Mercer

ILLINOIS STATE BOARD OF EDUCATION

The State Board of Education provides nutritional services to the people of Illinois under the Division of Program Planning and Development, which offers nutrition education services, and the Division of Food and Nutrition, which administers the school feeding programs.

Nutrition Education & Training Program (NET)

The Nutrition Education and Training Act, Section 19, Public Law 95-166, provides funds to state education agencies to encourage effective dissemination of scientifically valid nutrition information to children through the development of comprehensive nutrition information and education programs.

The program in Illinois has four basic goals:

1. To facilitate a nutrition education process which permits Illinois children to make informed food choices during their formative years.

2. To enhance the ability of teachers to integrate sound nutrition information into the curriculum utilizing appropriate teaching techniques at each grade level.

3. To delineate and strengthen the role of school food service personnel in the food service and nutrition education process.

4. To identify, compile, evaluate, develop, and provide nutrition education curriculum materials to educational institutions.

In order to meet these goals, three regional projects have been funded to provide services to districts within their geographic areas. These projects, listed on the map provided, give developmental and program assistance to districts and interested individuals. To determine the specific services available, contact the project which serves your area of the state.

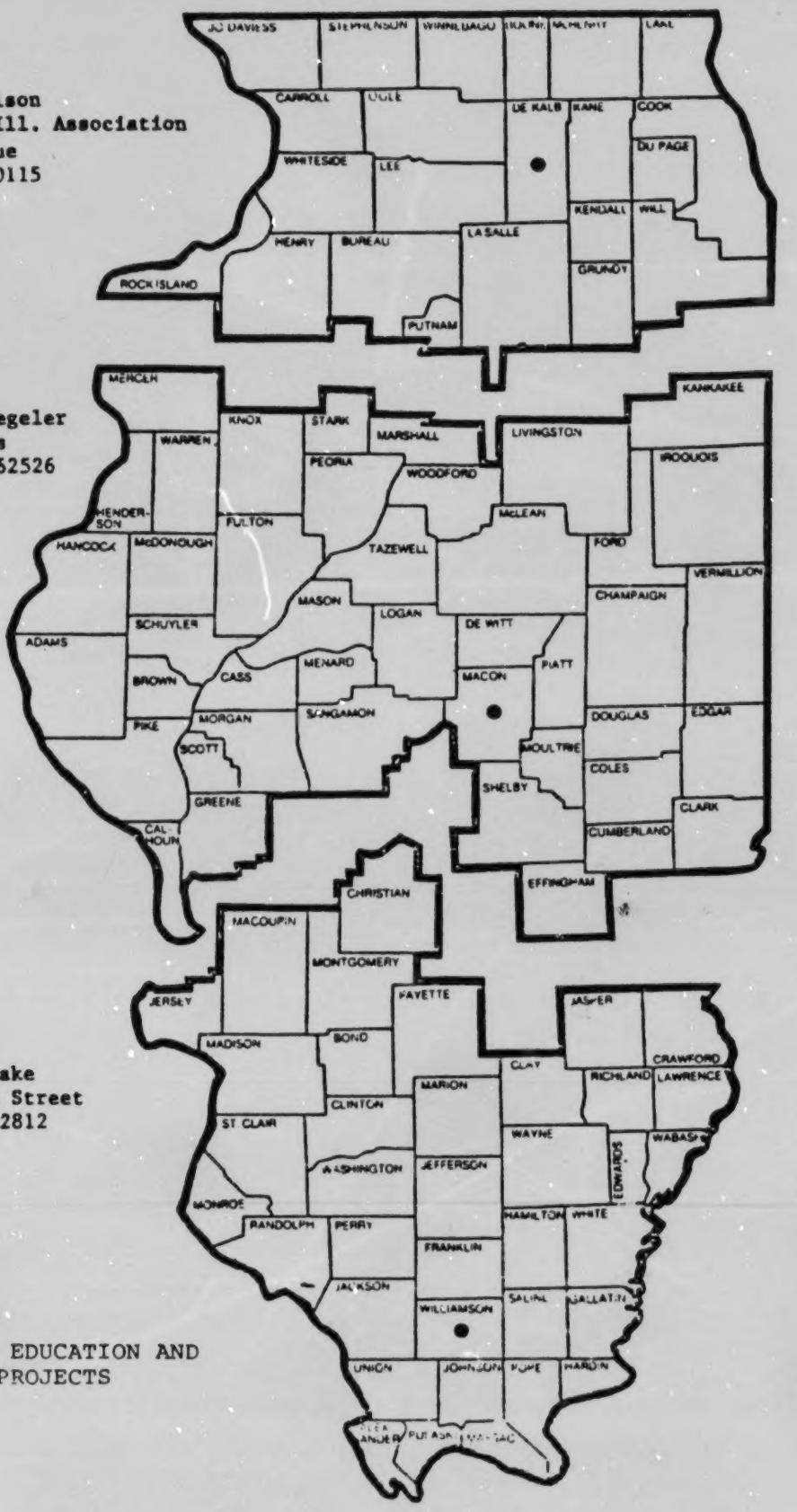
In addition, services are available from the Illinois State Board of Education. Requests for services or assistance should be directed to:

Program Planning and Development Section
Illinois State Board of Education
100 N. First St.
Springfield, IL 62777
(217) 782-2826

Ms. Cheryl Nelson
Northwestern Ill. Association
145 Fisk Avenue
DeKalb, IL 60115
815/758-0636

Mrs. Cindy Laegeler
2240 E. Geddes
Decatur, IL 62526
217/424-3417

Mrs. Janis Taake
306 E. Church Street
Benton, IL 62812
618/439-7246
7247



NUTRITION EDUCATION AND
TRAINING PROJECTS

Child Nutrition Programs

National School Lunch Program

This is a voluntary program open to all public schools, private schools except those with an average yearly tuition of $1500 or more, and residential child care institutions which agree to operate a non-profit program, offer school lunch meals meeting federal requirements to all children in attendance regardless of race, sex, color, national origin, age, handicap, or ability to pay for the meal. The meal pattern is designed to provide one-third of the student's daily nutritional requirements. Reimbursement enables schools to provide low-cost lunches to students. Free and reduced price meals are provided to those children whose family income meets the income guidelines established by the Secretary of Agriculture.

Illinois Free Lunch Program

The Illinois Free Lunch Act mandates that all public school districts offer free lunches meeting federal requirements to eligible needy children. Private schools and residential child care institutions can also apply for and participate in this program. Eligibility for the Illinois Free Lunch Program is determined by applying the free meal guidelines provided for in the National School Lunch Program. Reimbursement is paid to participating schools from State funds for each free lunch served to an eligible needy child.

School Breakfast Program

This is a voluntary program open to all public schools, private schools except those with an average yearly tuition of $1500 or more, and residential child care institutions which agree to operate a non-profit program, offer breakfast meals meeting federal requirements to all children in attendance, and protect the overt identification of students eligible for free or reduced price meals. To enable schools to provide low-cost breakfasts to students, a flat rate of reimbursement is paid for all breakfasts served which meet these requirements. Additional reimbursement is paid for breakfasts served to students eligible for free or reduced price meals.

Illinois Free Breakfast Program

This is a voluntary program open to all public and private schools which agree to operate a non-profit program. Schools participating must offer free breakfasts meeting federal requirements to eligible needy children. Eligibility for the Illinois Free Breakfast Program is determined by applying the free meal guidelines provided for in the National School Lunch and School Breakfast Programs. Reimbursement is paid to participating schools from State funds for each free breakfast served to an eligible needy child.

Special Milk Program

This is a voluntary program available to public schools, private schools, residential child care institutions, day care centers, and camps which have no other federally funded food service program. The intent of the program is to encourage and establish the habit of drinking fresh fluid milk as a nutritious beverage. It is available to all children 20 years of age and younger. Partial reimbursement is provided to participating sponsors for all milk served. In addition, milk served free to eligible needy children is reimbursed at the average dairy charge.

Summer Food Service Program for Children

This is a voluntary program which provides meals to children during the summer months when school is not in session. Sponsorship is limited to public or non-profit private School Food Authorities and summer residential camps and state, local, municipal, or county government agencies. To operate a non-camp site, the sponsor must be able to provide evidence that at least 50 percent of the children residing in the area to be served by the operating site are eligible for free or reduced price meals. Program participation is limited to those children who are 18 years of age or younger and handicapped persons, regardless of age, who participate in special education programs during the regular school year. Federal funds are available in the form of per-meal reimbursement rates for administrative and operating costs. Sponsors may also request USDA donated commodities for their summer programs.

Child Care Food Program

Child Care Centers: This program is designed to encourage the serving of nutritious meals to children enrolled in day care centers. Any day care center, Head Start, outside-school-hours child care program, and sponsoring organizations are eligible for participation if they are federally tax-exempt or currently operating another federal program requiring non-profit status or are a proprietary Title XX for profit center or organization having at least 25 percent beneficiaries of Title XX funds during the calendar month. A blended rate of reimbursement is paid for meals served to children based on the number of children eligible in the need categories (free, reduced price, paid). The program reimburses for breakfasts, lunches, suppers, and supplements. The maximum is two meals and one supplement, or two supplements and one meal per child, per day.

Day Care Homes: The program is intended to integrate a nutritious food service for enrolled children of licensed day care home providers. Family Day Care Homes are organized non-residential Child Care Programs for children enrolled in a private home. In order to participate, a day care home provider must be under the auspices

of a not-for-profit federally tax-exempt sponsor. These sponsors are reimbursed administrative dollars based on the number of homes under their jurisdiction. Day care home providers are reimbursed by a flat rate. These rates are established by the United States Department of Agriculture and adjusted annually. The program reimburses for breakfast, lunch, supper, and supplements. The maximum is two meals and one supplement, or two supplements and one meal per child, per day.

Food Distribution Program

The Food (Commodity) Distribution Program is designed to help reduce the cost of meals in participating organizations, to achieve maximum utilization of agriculture surplus, and to support domestic prices. This is a voluntary program open to all public and private schools, institutions, summer camps, and summer food service programs. The approximate commodity value for each meal in which government donated commodities are made available to participating sponsors is based on a cents per meal basis. Commodities are provided for all participants in schools, summer camps, and summer food service programs and for needy participants in institutions. Because of the surplus in dairy products, cheese, butter, dry milk, and other products designated by the United States Department of Agriculture, these are being offered to centers and homes enrolled in the Child Care Food Program and elderly feeding programs enrolled with the Department on Aging. Commodities are also provided for disaster relief for congregate feeding.

All of the above nutrition programs are administered in Illinois by the Food and Nutrition Programs Section of the Illinois State Board of Education. For further information, contact:

Food and Nutrition Programs Section
Illinois State Board of Education
100 N. First St.
Springfield, IL 62777

GREATER CHICAGO FOOD DEPOSITORY

Founded in 1979, the Greater Chicago Food Depository is a food bank, incorporated in the State of Illinois as a non-profit organization. Its purpose is to receive product donations from food growers, processors, and distributors and to channel these donations to Chicago-area charities that feed hungry people in their neighborhoods or maintain residential homes for the needy.

During its short period of operation, the Food Depository has attracted broad private and governmental support. More than 27 greater Chicago based corporations and foundations have contributed over a quarter of a million dollars to enable the Depository to lease a warehouse and meet essential operating costs.

In 1982, the Food Depository distributed over 6.1 million pounds of food to 375 charitable agencies which reached an estimated 300,000 people. In 1984, their goal is to increase distribution to 10.5 million pounds of food which will bring help to 500 charities and 500,000 needy people. The Greater Chicago Food Depository joins with the other successful food banks throughout the United States to feed the 15 million people who missed a meal last week in our land of plenty. While the Food Bank serves primarily the greater Chicago area, it has provided assistance to other counties in Illinois.

Contact: The Greater Chicago Food Depository
14 N. Peoria St.
Chicago, IL 60607
(312) 733-3663

HEAD START

Head Start is a program funded by the U.S. Department of Health and Human Services, which provides comprehensive health, educational, nutritional, social, and other services to low income three and four year old children and their families. Parents are encouraged to be involved in activities with the children as well as participate in decision making on program operations. The children are fed at least one meal and a snack each day at the site. Children who arrive without breakfast are provided breakfast. Full year Head Start programs are primarily for children from age three to the age when the child enters the school system. No less than ten percent of the total enrollment opportunities in Head Start programs in the state are available for handicapped children.

Eligibility: There are specific income guidelines which must be met in order to be eligible; at least 90% of the enrollees must meet these guidelines.

Fee: There is no fee for the program.

Contact: Regional Program Director
Administration for Children, Youth and Families
Office of Human Development Services
300 S. Wacker Dr.
Chicago, IL 60606
(312) 353-6503

Agencies Sponsoring Head Start Programs:

ADAMS COUNTY

PACT for West Central Illinois
Box 254
Camp Point, IL 62320

Quincy Public Schools
District #172
1444 Main St.
Quincy, IL 62301

COOK COUNTY

Abraham Lincoln Center
3858 S. Cottage Grove
Chicago, IL 60653

COOK COUNTY (Continued)

Ada S. McKinley Trumbull Park
10530 S. Oglesby Ave.
Chicago, IL 60617

Albany Park Community Center
4909 N. Pulaski
Chicago, IL 60625

Archdiocese of Chicago
School Board
Dept. of Special Programs
P.O. Box 1979
155 E. Superior
Chicago, IL 60611

COOK COUNTY (Continued)

Austin Baptist U.C.C.
5460 W. Ohio
Chicago, IL 60644

Beacon Rockwell
2540 W. Jackson Blvd.
Chicago, IL 60612

Chase House
211 S. Ashland Ave.
Chicago, IL 60607

Chicago Board of Education
Government Funded Programs
228 N. LaSalle St.
Chicago, IL 60601

Chicago Boys Clubs
1204 W. Taylor
Chicago, IL 60607

Chicago Commons Association
915 N. Wolcott Ave.
Chicago, IL 60622

Chicago Housing Authority
22 W. Madison St.
Chicago, IL 60602

Chicago Parent-Child Center
7 N. Homan Ave.
Chicago, IL 60624

Chicago Society for Children and Families
215 W. 95th St.
Chicago, IL 60628

Chicago Youth Centers
611 W. Adams St.
Chicago, IL 60615

Christopher House
2507 N. Greenview Ave.
Chicago, IL 60614

Church of God Sunrise
1540 W. 69th St.
Chicago, IL 60651

Commonwealth Church
140 W. 81st St.
Chicago, IL 60620

Community & Economic Development Association of Cook County, Inc.
624 S. Michigan Ave.
Chicago, IL 60605

Des Plaines Valley Community Center
6125 S. Archer Ave.
Summit, IL 60501

Englewood Manor
7730 S. Halsted St.
Chicago, IL 60620

Evanston District #65 HS/DC
2300 Green Bay Road
Evanston, IL 60201

Gads Hill Center
1919 W. Cullerton St.
Chicago, IL 60608

God's House of All Nations
8435 S. Stony Island
Chicago, IL 60617

The Grant Works Children's Center
1447 S. 50th Court
Cicero, IL 60650

Hull House Association
3179 N. Broadway Ave.
Chicago, IL 60657

Hyde Park Neighborhood Club
5480 S. Kenwood Ave.
Chicago, IL 60615

LaGrange Area High School
9311 Shields Ave.
Brookfield, IL 60513

COOK COUNTY (Continued)

Lutheran Social Services of Illinois
800 Lee St.
Chicago, IL 60616

Manor Community
9989 S. Crandon Ave.
Chicago, IL 60617

Marcy-Newberry Association
1073 W. Maxwell St.
Chicago, IL 60608

Onward Neighborhood House
600 N. Leavitt
Chicago, IL 60612

Prairie State College Head Start
202 S. Halsted St.
Chicago Heights, IL 60411

Potential School for Exceptional Children
7222 S. Exchange Ave.
Chicago, IL 60649

Proviso-Leyden Council for Community Action, Inc.
1108 W. Madison St.
Maywood, IL 60651

Salvation Army
1515 W. Monroe
Chicago, IL 60607

St. Matthew Head Start Day Care
1000 N. Orleans St.
Chicago, IL 60610

St. Stephen Terrace
2333 W. Jackson Blvd.
Chicago, IL 60612

Trinity U.C.C.
532 W. 95th St.
Chicago, IL 60628

Woodlawn Organizations
6040 S. Harper
Chicago, IL 60637

YMCA of Metropolitan Chicago
P.O. Box Z
Chicago, IL 60690

Zion Hill Baptist Church
1460 W. 78th St.
Chicago, IL 60620

CUMBERLAND COUNTY

Embarras River Basin Agency
P.O. Box 307
101 W. Cumberland
Greenup, IL 62428

Also serving: Clark, Coles, Edgar, Lawrence and Richland Counties

DUPAGE COUNTY

Bensenville Home Society
331 S. York Rd.
Bensenville, IL 60106

EFFINGHAM COUNTY

CEFS Economic Opportunity Corp.
813½ N. Third St.
P.O. Box 928
Effingham, IL 62401

JACKSON COUNTY

Southern Ill. University Head Start
925 Grant City Rd.
Carbondale, IL 62901

Also serving: Williamson County

JEFFERSON COUNTY

Mt. Vernon City Schools #80
1722 Oakland
Mt. Vernon, IL 62864

Head Start (Continued)

KANE COUNTY

P.L.U.S.
222 E. Wilson St.
P.O. Box 228
Batavia, IL 60510

Also serving: DeKalb County

KANKAKEE COUNTY

Kankakeeland CAP
1309 E. Court St.
Kankakee, IL 60901

KNOX COUNTY

West Central Illinois Legal Aid Society
531 Oak St.
Galesburg, IL 61401

Also serving: Fulton County

LAKE COUNTY

Lake County CAP
102-106 S. Genesee St.
Waukegan, IL 60085

LOGAN COUNTY

Central Ill. Economic Development Corporation
861 State St.
P.O. Box 846
Lincoln, IL 62656

Also serving: Mason and Piatt Counties

MACON COUNTY

Decatur-Macon County O.C.
618 E. Orchard St.
Decatur, IL 62521

MACOUPIN COUNTY

Ill. Valley Economic Development Corporation
130½ N. Broad St.
Carlinville, IL 62626

Also serving: Calhoun, Greene, and Jersey Counties

MADISON COUNTY

Madison County E.O.C.
3034 Godfrey Rd.
P.O. Box 309
Godfrey, IL 62035

MARION COUNTY

BCMW Community Services, Inc.
309 E. Broadway
P.O. Box 543
Centralia, IL 62801

Also serving: Bond, Clinton, Franklin, and Washington Counties

MCHENRY COUNTY

Community Action Agency for McHenry County
P.O. Box 226
Woodstock, IL 60098

MCLEAN COUNTY

McLean County Head Start
502 E. Front St.
Bloomington, IL 61701

PEORIA COUNTY

Peoria Citizen's Committee for Economic Opportunity
711 W. McBean
Peoria, IL 61605

PULASKI COUNTY

Shawnee Development Council, Inc.
School Street
P.O. Box 298
Karnak, IL 62956

Also serving: Alexander, Johnson, Massac, and Union Counties

RANDOLPH COUNTY

Western Egyptian E.O.C.
P.O. Box 7
#1 Industrial Park
Steeleville, IL 62288

RANDOLPH COUNTY (Continued)

Also serving: Monroe and Perry Counties

ROCK ISLAND COUNTY

Neighbor Outreach Work, Inc.
1823 Second Ave.
Rock Island, IL 61201

Rock Island School District #41
541 21st St.
Rock Island, IL 61201

SANGAMON COUNTY

Springfield and Sangamon County Community Action Agency, Inc.
1101 S. 15th St.
Springfield, IL 62703

Also serving: Morgan County

STEPHENSON COUNTY

Northwestern Illinois CAA
Third Floor
103 N. Chicago Ave.
Freeport, IL 61032

Also serving: Jo Daviess County

TAZEWELL COUNTY

Tazewell County Head Start Project
501 Roberts
Creve Coeur, IL 61611

VERMILION COUNTY

Vermilion County CAC
P.O. Box 539
Danville, IL 61832

Also serving: Champaign and Iroquois Counties

WARREN COUNTY

West Central Community Services, Inc.
1003 W. Girard
P.O. Box 171
Monmouth, IL 61462

WHITE COUNTY

Wabash Area Development
P.O. Box 89
Mill Shoals, IL 62862

Also serving: Edwards, Hamilton, Saline, Wabash, and Wayne Counties

WHITESIDE COUNTY

Tri-County Opportunities Council CAA
405 Emmons Ave.
P.O. Box 579
Rock Falls, IL 61071

Also serving: LaSalle, Lee, and Ogle Counties

WINNEBAGO COUNTY

Rockford Area CAA
425 E. State St.
P.O. Box 94
Rockford, IL 61104

ILLINOIS DIETETIC ASSOCIATION, INC.

The Illinois Dietetic Association (2300 active members), serving dietetic professionals and the citizens of Illinois, has eleven district affiliates throughout the state. Local members carry out activities for the citizens of Illinois, such as health fairs, nutrition talks, weight control groups, career presentations, and radio and television programs. In addition, dietitians serve on committees related to nutrition concerns in HOSPICE, advisory committees for schools, nursing homes, consumer groups, and mobile meals.

"Nutribird," the American Dietetic Association's good nutrition mascot, adds emphasis to public nutrition awareness during March, which is National Nutrition Month. The Illinois Dietetic Association or an affiliate group has suggestions for films, filmstrips, posters, pamphlets, and games on nutrition, as well as technical advice on medical diets for kidney disease, heart disease, etc. Speakers are available on a variety of nutrition- and diet-related subjects.

Contact: Illinois Dietetic Association, Inc.
515 Briarwood Lane
Elk Grove Village, IL 60007
(312) 228-0610

ILLINOIS HOSPITAL ASSOCIATION

The Illinois Hospital Association has a Nutrition Awareness Project which is a puppet show designed for second grade students. Its purpose is to acquaint children with the basic four food groups and their value. It also includes learning about the empty calories of "junk" food. The puppet play is called "Jethro, the Junk Food Monster." Supportive material emphasizing the four food groups and their nutritional value is left with the teacher for school or home use. A card game, similar to "Old Maid," using Jethro and examples of the four food groups is also provided as a continuing awareness program for the children.

Eligibility: Any school which has administrative approval may obtain the kits necessary for the program.

Fee: There is a $7.50 fee for the kit which contains a script, tape, puppet patterns, blueprints for stage, and supportive material samples.

Contact: Community Health Promotions Chairman
Iroquois Memorial Hospital Auxiliary
Watseka, IL 60970

ILLINOIS STATE MEDICAL SOCIETY
ILLINOIS STATE MEDICAL SOCIETY AUXILIARY

Illinois State Medical Society

The Illinois State Medical Society sponsors a Biennial Spring Nutrition Symposium for physicians, food technologists, and dietitians.

Contact: Illinois State Medical Society
Division of Medical Services
55 E. Monroe St.
Chicago, IL 60603
(312) 782-1654

Illinois State Medical Society Auxiliary

The long-range objective of the Illinois State Medical Society Auxiliary (ISMSA) is to bring basic nutrition information to the home and community.

A nutrition puppet drama is part of a health education program promoted by the ISMSA under local direction of the county medical society auxiliaries. It is presented to the primary levels to supplement classroom nutrition units. There are packages prepared which contain sample materials and guides to setting up nutrition programs in the schools. The nutrition package includes a guide to approaching a school with the program idea, scheduling shows, and using volunteers as puppeteers and drivers.

A homebound package accompanies the puppet show which contains a letter explaining the drama and a chart of the four food groups, plus information on vitamins, minerals, proteins, carbohydrates, and fats. Also included is a table listing the nutritional and caloric values of some fast foods, and a table of nutritious snacks.

Eligibility: Any school that is interested may receive the nutrition education program.

Fee: There is no fee for the booklets.

Contact:

Ill. State Medical Society Auxiliary
55 E. Monroe - Suite 3510
Chicago, IL 60603
(312) 782-2099

OR

Mrs. Thomas Meirink
ISMSA Nutrition Chairman
41 Country Club Place
Belleville, IL 62223

INSTITUTE OF FOOD TECHNOLOGISTS

The Institute of Food Technologists (IFT) is a professional scientific society with over 21,000 members who are active in academic, industrial, and government institutions concerned with food science and food technology. Membership is open to professionals in all facets of the foods/nutrition field.

IFT has a broad program of publications, scientific meetings, educational activities, and an annual meeting with a Food Expo. Activities are financed primarily from individual membership dues, exhibitor and registration fees from the annual meeting/ exposition, and journal advertising and subscriptions.

Public Information Program

The program is designed to disseminate current truthful information on food related issues. An Expert Panel on Food Safety and Nutrition reviews topics of public concern related to food and develops Scientific Status Summaries on the current status of the topic. A network of Regional Communicators, experts in their field, are available to provide scientific food related background information to the media and others in communications positions.

Current Scientific Status Summaries, along with other nutrition/ media related information, are available by contacting the Public Information Program of IFT or the Regional Communicator.

Illinois Regional Communicator: Dr. Lloyd Witter
Dept. of Food Science
University of Illinois
Urbana, IL 61801
Office: (217) 333-0516
Home: (217) 367-8982

Sections

IFT has local sections throughout the United States, which hold monthly meetings, along with coordinating other foods related professional activities.

Chicago: Kristine Olea, Secretary
Quaker Oats Co.
617 W. Main St.
Barrington, IL 60010

Southern Illinois: (St. Louis)	Joe Edmondson, Secretary University of Missouri, Columbia 201 Eckles Hall Columbia, MO 65202 (314) 882-2630
Headquarters:	Institute of Food Technologists 221 N. LaSalle St. Chicago, IL 60601 (312) 782-8424

MARCH OF DIMES
BIRTH DEFECTS FOUNDATION

The March of Dimes provides public health education materials on birth defects, prenatal care, and other related topics. Many publications are available for the general public and educators. Exhibits on nutrition and fetal development are available for purchase. Books, cassette tapes, filmstrips, and slides may be purchased. Films are loaned on various topics including nutrition, alcohol, drugs, and children with birth defects. The films must be ordered at least two months in advance.

Preparenthood Education Program

The March of Dimes and the Bank Street College of Education in New York City developed PEP - Preparenthood Education Program - for teenagers. It is designed for adolescents who are pregnant or are likely to become pregnant at an early age. Although designed for this specific audience, the PEP materials contain significant health information important to all adolescents. The program is divided into two sections. One deals with preparation for childbearing and explores some of the emotional and physical aspects of pregnancy. The other section deals with nutrition and its vital role in the development of a healthy baby.

The PEP package contains fact books on nutrition and prenatal care, information cards, comic books that are easily read and relevant to the needs and interests of today's teens, posters, and teachers' guides.

PEP can be used in the following settings: junior and senior high schools, prenatal care clinics, hospitals, WIC sites, neighborhood health centers, and special education programs for pregnant teenagers. In school settings, the instructional period ranges from six to eight weeks.

Fee: The complete package which consists of two teachers' guides, 40 copies of each comic book, 20 copies of each fact book, three posters, a developmental time/line chart, and three sets of information cards has a price of $33.00.

Contact: general information

March of Dimes Birth Defects Foundation
Box 2000
White Plains, New York 10602

March of Dimes (Continued)

Contact (Continued):

exhibits, books, cassettes, filmstrips, and slides

Supply Division
March of Dimes Birth Defects Foundation
Box 2000
White Plains, New York 10602

films

Public Health Education Division
March of Dimes Birth Defects Foundation
Box 2000
White Plains, New York 10602

PEP Program

Supply Division
March of Dimes Birth Defects Foundation
1275 Mamaroneck Ave.
White Plains, New York 10605

Information may also be obtained by contacting local March of Dimes Chapters, or:

Springfield Field Office
1320 S. Second St.
Springfield, IL 62704

March of Dimes Chapters in Illinois	Counties Served	
Capitol Chapter 1320 S. Second St. Springfield, IL 62704	Cass Crawford Ford Greene Logan Macoupin	Mason Menard Montgomery Morgan Sangamon Scott
Eastern Illinois Chapter 613 W. Madison Danville, IL 61832	Edgar Iroquois Vermilion	
Illinois Valley Chapter Streator National Bank Room 318 Streator, IL 61364	Bureau LaSalle Putnam	

March of Dimes Chapters in Illinois	Counties Served	
Little Egypt Chapter Box 474 Marion, IL 62959	Alexander Franklin Gallatin Hamilton Hardin Jackson Johnson Massac	Perry Pope Pulaski Saline Union White Williamson
March of Dimes Chapters 321 James Geneva, IL 60134	Carroll Henry Knox Livingston	
McLean County Chapter 1306 N. Ewing Bloomington, IL 61701	McLean	
Metro Chicago Chapter 53 W. Jackson Blvd. Chicago, IL 60604	Cook DuPage Kane Lake	
Metro East Chapter 100 N. Main Edwardsville, IL 62025	Bond Calhoun Clinton Jersey Madison	Monroe Randolph St. Clair Washington
Mid-Illinois Chapter 730 E. Wood Decatur, IL 62523	Christian DeWitt Macon	Moultrie Shelby
Mississippi Valley Chapter 415 Cleveland Bldg. 1705 Second Ave. Rock Island, IL 61201	Mercer Rock Island	
Northeast Illinois Chapter 227 Hammes Joliet, IL 60435	Grundy Kankakee Kendall Will	

March of Dimes (Continued)

March of Dimes Chapters in Illinois	Counties Served	
Northern Illinois Chapter East Wind Mall 129 S. Phelps Rockford, IL 61108	Boone DeKalb Lee McHenry	Ogle Stephenson Whiteside Winnebago
Northeast Iowa Chapter 236 Fischer Arcade Bldg. Dubuque, Iowa 52001	Jo Daviess	
Okaw-Illini Chapter Room 910 201 W. Springfield Champaign, IL 61820	Champaign Douglas Piatt	
Pere Marquette Chapter 4700 N. Sterling Ave. Peoria, IL 61614	Fulton Marshall Peoria	Stark Tazewell Woodford
Southeast Iowa Chapter Box 263 Burlington, Iowa 52601	Henderson Warren	
Southeastern Illinois Chapter Box 1242 Effingham, IL 62401	Clark Clay Coles Cumberland Edwards Effingham Fayette	Jasper Jefferson Lawrence Marion Richland Wabash Wayne
Western Illinois Chapter Ill. State Bank Bldg. Suite 517 1201 Broadway Quincy, IL 62301	Adams Brown Hancock	McDonough Pike Schuyler

ILLINOIS DEPARTMENT OF MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES

The Illinois Department of Mental Health and Developmental Disabilities provides inpatient care to approximately 10,000 Illinois citizens of all ages. The nutritional programs consist of individualized dietetic treatment programs as well as large scale institutional foodservice under the direction of registered clinical and/or administrative dietitians.

These individuals also provide nutrition education and dietetic consultation to patients, their families, and the facility staffs. In addition, they serve as resource authorities for the communities in which they are employed.

Central Office:

DMH/DD Central Office
Personnel Officer
405 Stratton Building
Springfield, IL 62706
(217) 782-9628

Mental Health and Developmental Disabilities Centers:

ALTON MENTAL HEALTH CENTER
Personnel Officer
4500 College Ave.
Alton, IL 62002
(618) 465-5593

ANNA MENTAL HEALTH CENTER
Personnel Officer
1000 N. Main St.
Anna, IL 62906
(618) 833-5161

CHESTER MENTAL HEALTH CENTER
Personnel Officer
P.O. Box 31
Chester, IL 62233
(618) 826-4571

CHICAGO-READ MENTAL HEALTH CENTER
Personnel Officer
4200 N. Oak Park Ave.
Chicago, IL 60634
(312) 794-4040

DIXON DEVELOPMENTAL CENTER
Personnel Officer
Dixon, IL 61021
(815) 288-5561

ELGIN MENTAL HEALTH CENTER
Personnel Officer
750 S. State St.
Elgin, IL 60120
(312) 742-1040

FOX DEVELOPMENTAL CENTER
Personnel Officer
134 W. Street
Dwight, IL 60420
(815) 584-3347

GALESBURG MENTAL HEALTH CENTER
Personnel Officer
1801 N. Seminary St.
Galesburg, IL 61401
(309) 344-2141

HOWE DEVELOPMENTAL CENTER
Personnel Officer
7600 W. 183rd St.
Tinley Park, IL 60477
(312) 532-7000 - Ext. 1205

ILL. MENTAL HEALTH INSTITUTES
Personnel Officer
1601 W. Taylor
Chicago, IL 60612
(312) 996-1082

Also Serving:
Illinois State Psychiatric Institute
Institute for Juvenile Research
Illinois Institute for Developmental Disabilities

JACKSONVILLE MH AND DD CENTER
Personnel Officer
1201 S. Main St.
Jacksonville, IL 62650
(217) 245-2111

LINCOLN DEVELOPMENTAL CENTER
Personnel Officer
861 S. State St.
Lincoln, IL 62656
(217) 735-2361

LUDEMAN DEVELOPMENTAL CENTER
Personnel Officer
114 N. Orchard Dr.
Park Forest, IL 60466
(312) 747-8100 - Ext. 128

MADDEN MENTAL HEALTH CENTER
Personnel Officer
1200 S. First Ave.
Hines, IL 60141
(312) 345-9870 - Ext. 270

MANTENO MENTAL HEALTH CENTER
Personnel Officer
100 Barnard Rd.
Manteno, IL 60950
(815) 468-3451

McFARLAND MENTAL HEALTH CENTER
Personnel Officer
901 Southwind Road
Springfield, IL 62703
(217) 786-6912

MEYER MENTAL HEALTH CENTER
Personnel Officer
2310 E. Mound Rd.
Decatur, IL 62526
(217) 877-3410

MURRAY DEVELOPMENTAL CENTER
Personnel Officer
1717 Broadway West
Centralia, IL 62801
(618) 532-1811

SHAPIRO DEVELOPMENTAL CENTER
Personnel Officer
100 E. Jeffery St.
Kankakee, IL 60901
(815) 939-8011

SINGER MENTAL HEALTH CENTER
Personnel Officer
4402 N. Main St.
Rockford, IL 61103
(815) 987-7023

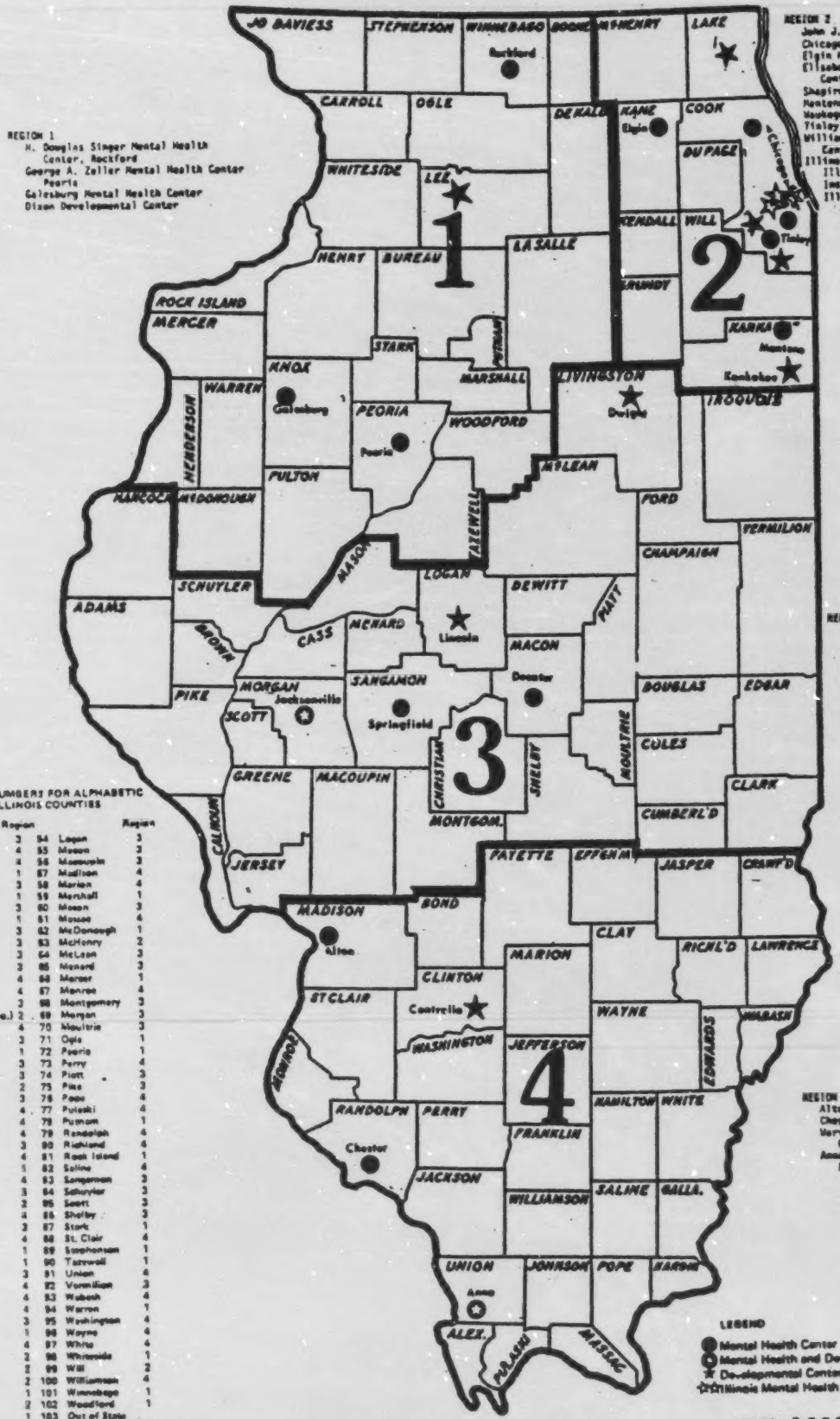
TINLEY PARK MENTAL HEALTH CENTER
Personnel Officer
7400 W. 183rd St.
Tinley Park, IL 60477
(312) 532-7000 - Ext. 510

WAUKEGAN DEVELOPMENTAL CENTER
Personnel Officer
1201 Dugdale Circle
Waukegan, IL 60085
(312) 249-0600

ZELLER MENTAL HEALTH CENTER
Personnel Officer
5407 N. University St.
Peoria, IL 61614
(309) 691-2200

ILLINOIS DEPARTMENT OF MENTAL HEALTH & DEVELOPMENTAL DISABILITIES

REGIONAL MAP



REFERENCE NUMBERS FOR ALPHABETIC LIST OF ILLINOIS COUNTIES

		Region			Region
1	Adams	3	54	Logan	3
2	Alexander	4	55	Mason	3
3	Bond	4	56	Massacre	3
4	Boone	1	57	Madison	4
5	Brown	3	58	Marion	4
6	Bureau	1	59	Marshall	1
7	Calhoun	3	60	Mason	3
8	Carroll	1	61	Massac	4
9	Cass	3	62	McDonough	1
10	Champaign	3	63	McHenry	2
11	Christian	3	64	McLean	3
12	Clark	3	65	Menard	3
13	Clay	4	66	Mercer	1
14	Clinton	4	67	Monroe	4
15	Coles	3	68	Montgomery	3
16	Cook (ex. Chgo.)	2	69	Morgan	3
17	Crawford	4	70	Moultrie	3
18	Cumberland	3	71	Ogle	1
19	DeKalb	1	72	Peoria	1
20	Dewitt	3	73	Perry	4
21	Douglas	3	74	Piatt	3
22	DuPage	2	75	Pike	3
23	Edgar	3	76	Pope	4
24	Edwards	4	77	Pulaski	4
25	Effingham	4	78	Putnam	1
26	Fayette	4	79	Randolph	4
27	Ford	3	80	Richland	4
28	Franklin	4	81	Rock Island	1
29	Fulton	1	82	Saline	4
30	Gallatin	4	83	Sangamon	3
31	Greene	3	84	Schuyler	3
32	Grundy	2	85	Scott	3
33	Hamilton	4	86	Shelby	3
34	Hancock	3	87	Stark	1
35	Hardin	4	88	St. Clair	4
36	Henderson	1	89	Stephenson	1
37	Henry	1	90	Tazewell	1
38	Iroquois	3	91	Union	4
39	Jackson	4	92	Vermilion	3
40	Jasper	4	93	Wabash	4
41	Jefferson	4	94	Warren	1
42	Jersey	3	95	Washington	4
43	Jo Daviess	1	96	Wayne	4
44	Johnson	4	97	White	4
45	Kane	2	98	Whiteside	1
46	Kankakee	2	99	Will	2
47	Kendall	2	100	Williamson	4
48	Knox	1	101	Winnebago	1
49	Lake	2	102	Woodford	1
50	LaSalle	1	103	Out of State	
51	Lawrence	4	104	County unknown	
52	Lee	1	105	Chicago	2
53	Livingston	3			

MAY 1983

ILLINOIS STATE COUNCIL ON NUTRITION

The Illinois State Council on Nutrition (ISCON) was established by the Illinois General Assembly in June, 1977. As mandated by law, the Council is composed of 30 members - 8 legislators, 10 public members, 6 agency directors, and 6 agency representatives.

The Council also includes Associate Members who are not voting members of the Council but who are experts in various nutrition related fields providing valuable input on the development of Council activities.

The Council and Associate Members are divided into four permanent task forces which focus on major nutrition related needs of the citizens of Illinois. During 1982, the task forces were revised and are as follows:

Maternal and Infant
Child and Adolescent
Adult, Private Sector and Industry
Elderly and Low Income

Each task force is responsible for studying existing areas of concern and making recommendations to the Council for programs and actions that the Council might undertake.

A primary goal of the Illinois State Council on Nutrition is the promotion of nutrition awareness and education. To achieve this goal, the Council has several ongoing activities, as well as specific projects, and has developed various nutrition information materials for distribution.

Nutrition Information Materials

Brochures: The following brochures are available free of charge in reasonable quantities:

FIGURES ON FITNESS - explains the importance of fitness including proper nutrition and regular exercise.

CROSSROADS TO HEALTH, YOUR CHOICE - illustrates the proper diet plan and nutrients important to health, types of foods to consume in moderation, and types of foods to avoid when health problems such as high blood pressure and obesity exist.

THE ROAD TO HEALTHY PREGNANCY - includes answers to questions frequently asked about pregnancy and a recommended meal plan for pregnant women and teens.

NUTRITION KNOWS NO AGE - is a large-type brochure written specifically for the elderly population. The eight-page brochure includes sections on changes in the body that affect eating, a basic four food group plan, nutrient function table, disease and diet, food and drug interactions, a daily menu guide, and some nutrition hints and tips.

PRIMER FOR PRESCHOOL - contains the basic concepts of nutrition for preschoolers, suggested learning activities, a food guide, and tips for parent involvement. It was developed specifically for day care center staff.

RATING THE DIETS - contains information about sixteen popular weight-loss diets which were computer analyzed, compares them to the Recommended Dietary Allowances (RDA), and lists ideas to consider when dieting and various statistics about overweight and dieting.

THE PUZZLING WORLD OF FOOD BUYING - offers practical suggestions for ways to get the most nutrition for the least dollars. The brochure includes sections on budgeting and planning meals, where to buy, unit pricing, reading labels, and generic products. It also includes suggestions for ways to save money when purchasing foods from each of the Basic Four Food Groups.

NUTRITION EDUCATION - LET'S INTEGRATE - illustrates ways that nutrition education can become a part of basic subject areas such as Consumer Education, Art, Science, Social Studies, Language, and Math. It also includes lists of curriculum guides, reference catalogs and books, games, journals, and recommended basic nutrition books.

Posters: The following posters are available free of charge but in limited quantities:

"JUNK FOOD? That's All Behind Me. ILLINOIS STATE COUNCIL ON NUTRITION."

ISCON Poster Contest Winners - Reproductions of original artwork by students in grades K-3, 4-6, and 7-8.

Nutrition Newsletter

The Council publishes approximately four NUTRITION Newsletters each year. The mailing list for the newsletter is comprised of approximately 14,500 different individuals, schools, and organizations in the State of Illinois. Because of the large number of people it reaches, it is an effective method for updating and educating the general public on the current aspects of nutrition, what is happening in Illinois that concerns nutrition, and what the Council is presently doing.

Newspaper Column

A nutrition newspaper column, "From the Desk of Virginia Hill," is sent out from the Council office twice a month to 617 newspapers in Illinois and to state agency offices. The news articles are focused on current issues or controversies in nutrition and are written in terms for the general public to comprehend. The Council is endeavoring to reach as much of the general public as possible to respond to their need for accurate nutrition information.

Poster Contest

With the cooperation of the Educational Service Region Superintendents, the Council sponsors an annual poster contest for school children in grades K-8. The theme of the contest is the promotion of good eating habits. Each region submits one first place poster from each of the three grade categories, K-3, 4-6, and 7-8, for state judging. First place state winners, their teachers and parents are invited to Springfield to receive their awards from the Governor and meet the legislators from their districts. Each of the three winning posters is printed and distributed by request throughout Illinois to further promote nutrition. Each student who participates in the contest is awarded a recognition certificate signed by the Governor, the Council Chairman and Executive Director, and the respective Regional Superintendents.

FHA-HERO Nutrition Peer Educators

The Illinois State Council on Nutrition sponsors the Future Homemakers of America-Home Economics Related Occupations (FHA-HERO) Encounter Nutrition Peer Education Project. Nutrition Peer Educators are members of FHA-HERO who choose to participate in this project to promote nutrition. The Peer Education project, "Encounter Nutrition," has three main objectives:

-- To provide today's youth with an understanding of food and its relationship to the body.

-- To stimulate interest in eating a well-balanced diet.

-- To provide today's youth with accurate, up-to-date nutritional information.

FHA-HERO Nutrition Peer Educators and their advisors attend a concentrated two-day workshop where specialists in nutrition, education, and public relations train the Nutrition Peer Educators to prepare and present programs on nutrition. The Nutrition Peer Educators are responsible for presenting at least three presentations on nutrition within their respective communities.

Golden Apple Award

In order to recognize efforts made in Illinois to promote nutrition awareness, a Golden Apple Award has been developed by the Council. Recipients of the award receive a walnut plaque which displays a "Golden Apple Award" certificate. When the award is given, the Council features an article in the newsletter about the recipient and why the award was presented. By giving these awards and highlighting them in the newsletter, the Council can recognize unique contributions made to nutrition awareness and education and can stimulate nutrition awareness programs.

Hearings and Conferences

Since the Council is responsible for formulating policy and making recommendations for legislation, public fact-finding hearings are conducted on various issues related to nutrition. The hearings are designed to ascertain opinions and assemble all available evidence relating to the issue. When a hearing is scheduled, an announcement is included in the Council newsletter and interested individuals are invited to participate. Hearings have been held on Junk Food in the Schools; Nutrition and Teenage Pregnancy; and Nutrition Education. Policy statements or reports have been prepared from the testimony received at each of the hearings.

In its efforts to promote nutrition education and awareness, the Council periodically sponsors or cosponsors conferences on nutrition. Announcements of conferences are made in the Council newsletter.

Contact: Illinois State Council on Nutrition
Suite 405 Lincoln Tower Plaza
524 S. Second St.
Springfield, IL 62706
(217) 785-8664

ILLINOIS DEPARTMENT OF PUBLIC AID

Food Stamp Program

The Food Stamp Program is under the United States Department of Agriculture and administered through the Department of Public Aid in Illinois. It is designed for low income families who meet the eligibility requirements. The food stamps are used to supplement the food buying power of eligible low income households and, hopefully, improve the nutritional status of participants. The stamps are used to pay for food in grocery stores. Nutrition education is also involved in the Food Stamp Program. The goal is to help food stamp users to get the most nutrition for their money.

Eligibility: Individuals or families must meet certain eligibility standards, such as income, citizenship, work registration, etc., to receive food stamps. Applications may be obtained at a Department of Public Aid office. At times, applications are available at social service agencies such as community action offices. The chart below shows maximum coupon allotment and maximum monthly net income guidelines.

HOUSEHOLD SIZE	MAXIMUM INCOME	MAXIMUM ALLOTMENT AMOUNT
One	$ 405	$ 75
Two	545	139
Three	685	199
Four	825	253
Five	965	300
Six	1105	360
Seven	1245	398
Eight	1385	455
For each additional person	+140	+57

Fee: There is no fee for food stamps.

Contact: Ill. Department of Public Aid
316 S. Second St.
Springfield, IL 62706

Food Stamp Hotline
(800) 972-4608

County/District Public Aid Offices:

ADAMS COUNTY
640½ Hampshire St.
Quincy, IL 62301

ALEXANDER COUNTY
220 Sixth St.
P.O. Box 351
Cairo, IL 62914

BOND COUNTY
317 West Oak St.
Greenville, IL 62246

BOONE COUNTY
306 Buchanan
Belvidere, IL 61008

BROWN COUNTY
114 S. Capitol
P.O. Box 87
Mt. Sterling, IL 62353

BUREAU COUNTY
24 E. Marion St.
Princeton, IL 61356

CALHOUN COUNTY
312 S. County Rd.
P.O. Box 220
Hardin, IL 62047

CARROLL COUNTY
Junction Highway 78 & 88
Box 216
Mt. Carroll, IL 61053

CASS COUNTY
300 E. Second St.
Beardstown, IL 62618

CHAMPAIGN COUNTY
405 S. State St.
Champaign, IL 61820

CHRISTIAN COUNTY
918 E. Park St.
Taylorville, IL 62568

CLARK COUNTY
315 S. 14th St.
Marshall, IL 62441

CLAY COUNTY
Highway 45 & Chestnut St.
P.O. Drawer C
Louisville, IL 62858

CLINTON COUNTY
Route 127 North & Kane St.
R.F.D. #1
Carlyle, IL 62231

COLES COUNTY
119 W. State St.
P.O. Box 310
Charleston, IL 61920

COOK COUNTY (See Page 60)

CRAWFORD COUNTY
Lamplight Manor Bldg.
301 S. Cross
Robinson, IL 62454

CUMBERLAND COUNTY
605 Adams St.
P.O. Box 188
Toledo, IL 62468

DEKALB COUNTY
2245 Gateway Dr.
Sycamore, IL 60178

DEWITT COUNTY
308 N. Monroe St.
Clinton, IL 61727

DOUGLAS COUNTY
114 W. Houghton St.
Tuscola, IL 61953

DUPAGE COUNTY
Villa Oaks Office Concourse
Suite 2
146 W. Roosevelt Rd.
Villa Park, IL 60181

EDGAR COUNTY
150 E. Court St.
Paris, IL 61944

EDWARDS COUNTY
295 E. Walnut
Albion, IL 62806

EFFINGHAM COUNTY
403 S. Third St.
Effingham, IL 62401

FAYETTE COUNTY
228 Johnson
Vandalia, IL 62471

FORD COUNTY
811 S. Railroad Ave.
Paxton, IL 60957

FRANKLIN COUNTY
303 N. Main
Benton, IL 62812

FULTON COUNTY
601 S. Main St.
Lewistown, IL 61542

GALLATIN COUNTY
211 Lincoln Blvd., West
P.O. Box 280
Shawneetown, IL 62984

GREENE COUNTY
425 S. Fifth St.
Carrollton, IL 62016

GRUNDY COUNTY
Bedford Plaza
P.O. Box 725
Morris, IL 60450

HAMILTON COUNTY
Route 14 East
P.O. Box 146
McLeansboro, IL 62859

HANCOCK COUNTY
620A Wabash
Carthage, IL 62321

HARDIN COUNTY
108 N. Main
P.O. Box 307
Elizabethtown, IL 62931

HENDERSON COUNTY
Schuyler St.
P.O. Box 668
Oquawka, IL 61469

HENRY COUNTY
Building 123
Bracken's Center
Kewanee, IL 61443

IROQUOIS COUNTY
Rt. 1 & 24 East
P.O. Box V32
Watseka, IL 60970

JACKSON COUNTY
342 North St.
Murphysboro, IL 62966

JASPER COUNTY
102 S. Lafayette
Newton, IL 62448

JEFFERSON COUNTY
414 Main St.
P.O. Box 726
Mt. Vernon, IL 62864

JERSEY COUNTY
215 S. Jefferson St.
Jerseyville, IL 62052

JO DAVIESS COUNTY
310 N. Main St.
Galena, IL 61036

JOHNSON COUNTY
803 Vine St.
P.O. Box 186
Vienna, IL 62995

KANE COUNTY
361 Old Indian Trail
P.O. Box 1547
Aurora, IL 60507

Kane County Sub Office
425 Dundee
P.O. Box 158
Elgin, IL 60720

KANKAKEE COUNTY
285 N. Schuyler Ave.
P.O. Box 1786
Kankakee, IL 60901

KENDALL COUNTY
125 W. Hydraulic Ave.
Yorkville, IL 60560

KNOX COUNTY
1580 E. Knox St.
Galesburg, IL 61401

LAKE COUNTY
114 S. Genesee St.
Waukegan, IL 60085

LASALLE COUNTY
700 Centennial Dr.
Ottawa, IL 61350

LAWRENCE COUNTY
R.R. 1
Lawrenceville, IL 62439

LEE COUNTY
353 W. Everett St.
Dixon, IL 61021

LIVINGSTON COUNTY
215 W. Washington St.
Pontiac, IL 61746

LOGAN COUNTY
219 S. Kickapoo St.
Lincoln, IL 62656

MACON COUNTY
3122 N. Water St.
P.O. Box 2248
Decatur, IL 62526

MACOUPIN COUNTY
85 Michael Steven Plaza
Carlinville, IL 62626

MADISON COUNTY
#16 Nameoki Village
Shopping Center
Granite City, IL 62040

Madison County Sub Office
2745 Broadway
Alton, IL 62002

MARION COUNTY
214 N. Locust
P.O. Box 746
Centralia, IL 62801

MARSHALL COUNTY
708 Second St.
Henry, IL 61537

MASON COUNTY
323 W. Main St.
Havana, IL 62644

MASSAC COUNTY
2301 Metropolis St.
Metropolis, IL 62960

MCDONOUGH COUNTY
119 Rear West Carroll
Macomb, IL 61455

MCHENRY COUNTY
1316 N. Madison St.
Woodstock, IL 60098

MCLEAN COUNTY
719 W. Chestnut St.
Bloomington, IL 61701

MENARD COUNTY
118 E. Jackson
Petersburg, IL 62675

MERCER COUNTY
400 S. E. Eighth Ave.
Aledo, IL 61231

MONROE COUNTY
123 W. Mill
P.O. Box 66
Waterloo, IL 62298

MONTGOMERY COUNTY
210 E. Fairground Ave.
P.O. Box 129
Hillsboro, IL 62049

MORGAN COUNTY
45-47 S. Central Park Plaza
Jacksonville, IL 62650

MOULTRIE COUNTY
10 S. Worth St.
P.O. Box 96
Sullivan, IL 61951

OGLE COUNTY
2 Pines Plaza
P.O. Box 376
Oregon, IL 61061

PEORIA COUNTY
605-607 N.E. Jefferson St.
Peoria, IL 61656

PERRY COUNTY
314 N. Maple St.
DuQuoin, IL 62832

PIATT COUNTY
108 E. Washington
P.O. Box 351
Monticello, IL 61856

PIKE COUNTY
Highway 36 & 54 West
P.O. Box 271
Pittsfield, IL 62363

POPE COUNTY
Davis Building
P.O. Box 130
Golconda, IL 62938

PULASKI COUNTY
120 N. Front St.
Mounds, IL 62964

PUTNAM COUNTY
222 S. McCoy St.
Granville, IL 61326

RANDOLPH COUNTY
201 Van Zant St.
Chester, IL 62233

RICHLAND COUNTY
726 W. Main St.
Olney, IL 62450

ROCK ISLAND COUNTY
2821 Fifth St.
Rock Island, IL 61201

SALINE COUNTY
105 E. Poplar St.
Harrisburg, IL 62946

SANGAMON COUNTY
1604 S. Grand Ave. East
Springfield, IL 62703

SCHUYLER COUNTY
213 W. Washington St.
P.O. Box 111
Rushville, IL 62681

SCOTT COUNTY
128 W. Cherry St.
Winchester, IL 62691

SHELBY COUNTY
1125 W. North Second St.
Shelbyville, IL 62565

STARK COUNTY
104 S. East St.
Toulon, IL 61483

ST. CLAIR COUNTY
320 N. Ninth St.
East St. Louis, IL 62201

St. Clair County Sub Offices
6800 Missouri Ave.
East St. Louis, IL 62207

218 W. Main St.
Belleville, IL 62220

STEPHENSON COUNTY
222 W. Exchange
Freeport, IL 61032

TAZEWELL COUNTY
2186 Court St.
Pekin, IL 61554

UNION COUNTY
201 E. Chestnut St.
Anna, IL 62906

VERMILION COUNTY
220 S. Bowman Ave.
Danville, IL 61832

WABASH COUNTY
Walnut & Second St.
Mt. Carmel, IL 62863

WARREN COUNTY
104 S. A St.
Monmouth, IL 61462

WASHINGTON COUNTY
717 W. St. Louis St.
Nashville, IL 62263

WAYNE COUNTY
215 Southeast Third St.
Fairfield, IL 62837

WHITE COUNTY
1112 W. Oak St.
P.O. Box 152
Carmi, IL 62821

WHITESIDE COUNTY
2321 E. Lincolnway
Sterling, IL 61081

WILL COUNTY
101 S. Larkin
Joliet, IL 60436

WILLIAMSON COUNTY
606 N. Van Buren St.
Marion, IL 62959

WINNEBAGO COUNTY
1111 N. Avon St.
Rockford, IL 61103

WOODFORD COUNTY
107a N. Major
Eureka, IL 61530

COOK COUNTY DISTRICT OFFICES

ASHLAND DISTRICT
100 N. Western
Chicago, IL 60607

AUBURN DISTRICT
839 W. 79th St.
Chicago, IL 60620

AUSTIN DISTRICT
408 N. Laramie Ave.
Chicago, IL 60644

CABRINI DISTRICT
419 W. Oak St.
Chicago, IL 60610

CENTRAL GENERAL
ASSISTANCE OFFICE
2014 S. Michigan
Chicago, IL 60616

COOK COUNTY HOSPITAL
2036 S. Michigan
Chicago, IL 60616

ENGLEWOOD DISTRICT
6305-11 Southwestern
Chicago, IL 60636

GARFIELD DISTRICT
500 N. Pulaski
Chicago, IL 60624

HOSPITAL ASSISTANCE
2036 S. Michigan
Chicago, IL 60616

HUMBOLDT PARK DISTRICT
2753 W. North Ave.
Chicago, IL 60616

KENWOOD DISTRICT
55 W. Cermak Rd.
Chicago, IL 60616

LOWER NORTH DISTRICT
412 Milwaukee Ave.
Chicago, IL 60610

METRO SOUTH GENERAL
ASSISTANCE OFFICE
9001 S. Halsted St.
Chicago, IL 60620

METRO WEST GENERAL
ASSISTANCE OFFICE
445 N. Sacramento
Chicago, IL 60612

MICHIGAN DISTRICT
70 E. 21st St.
Chicago, IL 60616

Dept. of Public Aid (Continued)

NORTHERN DISTRICT
5822 Northwestern Ave.
Chicago, IL 60659

Northern District
Satellite Offices
1813 Dempster
Evanston, IL 60201

25 Illinois Blvd.
Hoffman Estates, IL 60172

OAKLAND DISTRICT
610 W. Root
Chicago, IL 60609

PARK MANOR DISTRICT
724 W. 64th St.
Chicago, IL 60621

PERSHING DISTRICT
300 W. Pershing Rd.
Chicago, IL 60609

ROSELAND DISTRICT
11203 S. Ellis Ave.
Chicago, IL 60628

SOUTHEAST DISTRICT
8001 S. Cottage Grove
Chicago, IL 60619

Southeast District
Satellite Office
9231 S. Houston Ave.
Chicago, IL 60611

SOUTH SUBURBAN DISTRICT
14820 S. Kedzie Ave.
Midlothian, IL 60445

SPECIAL UNITS
55 W. Cermak Rd.
Chicago, IL 60605

UPTOWN DISTRICT
2112 W. Lawrence
Chicago, IL 60625

WESTERN DISTRICT
3910 W. Ogden
Chicago, IL 60623

WEST SUBURBAN DISTRICT
1708 Main St.
Melrose Park, IL 60610

WICKER PARK DISTRICT
1567 N. Milwaukee
Chicago, IL 60622

WOODLAWN DISTRICT
6317 S. Maryland
Chicago, IL 60637

ILLINOIS DEPARTMENT OF PUBLIC HEALTH

The Illinois Department of Public Health provides a broad range of health services including many activities relating to nutrition education and nutrition services. Two Department Divisions, the Division of Family Health and the Division of Health Promotion and Screening, administer the bulk of the programs.

The Division of Health Promotion and Screening administers the Department's Nutrition Services Section, which includes nutrition education, nutrition assessment/surveillance, and the Special Supplemental Food Program for Women, Infants and Children (WIC).

Nutrition Services Section

The Nutrition Services Section (NSS) was organized in the spring of 1980 within the Division of Health Promotion and Screening. The goal of the Section is to deliver consistent quality nutrition services as an integral part of every health care system. The program in Illinois has three components.

Nutrition Education

Nutrition education is available to all Illinois citizens. However, special emphasis is provided to help professionals working in community health settings. In order to communicate with health professionals throughout Illinois regarding current nutrition information, counseling and education strategies, and other pertinent nutritional concerns, the NSS distributes the Nutrition Idea Exchange. The Idea Exchange is mailed quarterly to interested health professionals at no cost.

Continuing education in nutrition through conferences and seminars is also provided to physicians, dietitians, nutritionists, and nurses throughout Illinois. A variety of nutrition resources are available to all Illinoisans. Some materials targeted for professional use include: lesson plans, protocols, audiovisual resources, and written materials. Nutrition and diet pamphlets are also distributed to consumers.

Consultation and technical assistance are provided to all maternal and child health clinics upon request.

Nutrition Assessment/Surveillance

The goal of nutrition surveillance is to identify high risk groups and then design nutrition education programs to reduce the prevalence of the identified risks. The Nutrition Services Section is

currently implementing a Nutrition Surveillance Program in conjunction with the Centers for Disease Control. This Program is providing nutritional status information for the Illinois pediatric and prenatal populations. This information is collected in clinics which routinely perform nutrition assessment. Data consist primarily of height, weight, and hematocrit measurements. The Nutrition Services staff also provide a two-day training course in nutrition assessment for health professionals. The training course was designed to complement the Nutrition Assessment Manual: Standards and Procedures for Health Professionals. Participants in the training course receive a certificate upon successful completion.

Special Supplemental Food Program
for Women, Infants and Children (WIC)

Congress created the special Nutrition Program for Women, Infants and Children (WIC) because studies show that when women suffer from malnutrition during pregnancy, they and their unborn children are more susceptible to health and nutrition problems. To avert this, the WIC Program provides supplemental food and nutrition education to pregnant, breast feeding, and post partum women and to infants and children up to age 5 from low income families who are determined to be at nutritional risk because of inadequate nutrition and/or health care. The program is specifically designed to serve as an adjunct to good health care during critical periods of human growth and development.

A unique aspect of the WIC Program is its preventive approach. Supplemental foods rich in protein, iron and calcium, and vitamins A and C are provided to participants in an attempt to reduce the health problems experienced by individuals who receive inadequate intake during pregnancy. In order to address these deficiencies, the WIC Program specifies appropriate foods.

WIC also provides nutrition education to adult participants and to the parents and caretakers of child participants as well as to the child himself. Through nutrition education, participants learn about their specific nutritional needs, the necessary nutrients the body requires, and the foods that contain these nutrients. Participants are taught to shop for nutritious foods and to prepare well-balanced meals that are economical. The philosophy behind nutrition education is to teach participants to make a positive change in dietary behavior patterns.

WIC is administered on the federal level by the Food and Nutrition Service of the U.S. Department of Agriculture and on the state level by the Illinois Department of Public Health, Division of Health Promotion and Screening. The nutrition component is under the auspices of the Nutrition Services Section. The Program operates out of health clinics, hospitals, and social service agencies who make health care available. These services are available to all eligible Illinoisans.

For more information regarding the Nutrition Services' programs contact:

Nutrition Services Section
Division of Health Promotion and Screening
Illinois Department of Public Health
535 W. Jefferson St.
Springfield, IL 62761

Illinois WIC Program Contact List:

ADAMS COUNTY

Adams County Health Department
333 N. Sixth St.
Quincy, IL 62301
(217) 222-8440 and 8345

ALEXANDER COUNTY

See Pulaski County

BOND COUNTY

Bond County Health Department
503 S. Prairie St.
Greenville, IL 62246
(618) 664-1442

BOONE COUNTY

See Winnebago County

BROWN COUNTY

Brown County Health Department
111 W. Washington St.
Mt. Sterling, IL 62353
(217) 773-2714

BUREAU COUNTY

Bureau County Board
City Hall
2 S. Main
Princeton, IL 61356
(815) 879-0341

Also serving: Putnam County

CALHOUN COUNTY

See Greene County

CARROLL COUNTY

See Winnebago County

CASS COUNTY

See Schuyler County

CHAMPAIGN COUNTY

Champaign/Urbana Public
Health District
Box 1847
710 N. Neil
Champaign, IL 61820
(217) 352-7961

CHRISTIAN COUNTY

CEFS Economic Opportunity Corp.
813½ N. Third St.
Box 928
Effingham, IL 62401
(217) 342-2193

CLARK COUNTY

See Coles County

CLAY COUNTY

See Franklin County

CLINTON COUNTY

See Marion County

COLES COUNTY

Coles County Health Department
825 18th Street
Charleston, IL 61920
(217) 348-0530

Also serving: Clark, Cumberland, Douglas, and Edgar Counties

COOK COUNTY

Altgeld, The Clinic in
13220 S. Ellis Ave.
Chicago, IL 60627
(312) 995-6322 or 6321

Area served: Indiana Avenue to 87th to Stony Island and Calumet Expressway to City Limits

Chicago Department of Health
50 W. Washington
Chicago, IL 60602
(312) 744-3867

Area served: For referral information call (312) 744-6517

Community & Economic Development Association of Cook County, Inc. (CEDA)
624 S. Michigan Ave.
Chicago, IL 60605
(312) 435-6900

Area served: Suburban Cook County excluding City of Chicago

Cook County Department of Public Health
1500 S. Maybrook Dr.
Maywood, IL 60153
(312) 865-6303

Area served: Suburban Cook County excluding City of Chicago

Mile Square Health Center, Inc.
2045 W. Washington Blvd.
Chicago, IL 60612
(312) 942-3743 or 7943

Area served: Irving Park (North), Roosevelt Road (South), Ashland (East), City Limits (West)

Roseland Community Hospital
WIC Clinic
101 W. 111th St.
Chicago, IL 60628
(312) 785-1173

Area served: East to Indiana Ave, North to 87th St., West to City Limits, and South to City Limits

Skokie Health Department
5127 Oakton St.
Skokie, IL 60077
(312) 673-0500

Area served: Skokie Township

Stickney Township Public Health District
5635 State Road
Burbank, IL 60459
(312) 424-9200

Area served: Stickney Township

Well Child Conference
309 Ryerson St.
Elgin, IL 60120
(312) 741-7370

Area served: Western Cook County

CRAWFORD COUNTY

See Franklin County

CUMBERLAND COUNTY

See Coles County

DEKALB COUNTY

See Winnebago County

DEWITT COUNTY

See Macon County

DOUGLAS COUNTY

See Coles County

DUPAGE COUNTY

DuPage County Health Department
111 North County Farm Road
Wheaton, IL 60187
(312) 682-7554

EDGAR COUNTY

See Coles County

EDWARDS COUNTY

See Wayne County

EFFINGHAM COUNTY

Effingham County Health Department
901 W. Virginia
P.O. Box 685
Effingham, IL 62401
(217) 342-9237

Also serving: Jasper County

FAYETTE COUNTY

Fayette County Health Department
WIC Program
Courthouse
Vandalia, IL 62471
(618) 283-1044

FORD COUNTY

Ford-Iroquois Public Health Department
Courthouse
Paxton, IL 60957
(217) 379-2523

FRANKLIN COUNTY

Christopher Greater Area Rural Health Planning Corporation
P.O. Box 155
Christopher, IL 62822
(618) 724-2404

Also serving: Clay, Crawford, Jefferson, Lawrence, Richland, and Williamson Counties

FULTON COUNTY

Fulton County Health Department
502 N. Main St.
Canton, IL 61520
(309) 647-1799

GALLATIN COUNTY

See Saline County

GREENE COUNTY

Greene County Health Department
419 N. Main
Carrollton, IL 62016
(217) 942-6812

Also serving: Calhoun, Jersey, Morgan, Pike, and Scott Counties

GRUNDY COUNTY

Grundy County Health Department
1340 Edwards St.
Morris, IL 60450
(815) 942-0333

HAMILTON COUNTY

See Wayne County

HANCOCK COUNTY

Hancock County Health Department
Courthouse
Box 376
Carthage, IL 62321
(217) 357-2171

HARDIN COUNTY

See Pulaski County

HENDERSON COUNTY

Henderson Rural Health Center
R.R. #1, Box 118
Oquawka, IL 61469
(309) 867-2202

Also serving: Knox, Mercer, and Warren Counties

HENRY COUNTY

Henry County Health Department
Route 4
Geneseo, IL 61254
(309) 944-4854

Also serving: Stark County

IROQUOIS COUNTY

Ford-Iroquois Public Health Department
123 N. 8th St.
Watseka, IL 60970
(815) 432-2483

JACKSON COUNTY

Jackson County Health Department
342 A North St.
Murphysboro, IL 62966
(618) 684-3143

JASPER COUNTY

See Effingham County

JEFFERSON COUNTY

See Franklin County

JERSEY COUNTY

See Greene County

JO DAVIESS COUNTY

See Winnebago County

JOHNSON COUNTY

See Pulaski County

KANE COUNTY

Visiting Nurse Association of Aurora
57 E. Downer Place
Aurora, IL 60505
(312) 892-0646

Area served: Southern Kane County and Kendall County

Well Child Conference
309 Ryerson St.
Elgin, IL 60120
(312) 741-7370

Area served: Northern Kane County and Western Cook County

KANKAKEE COUNTY

Kankakeeland Community Action Agency
1309 E. Court St.
Kankakee, IL 60901
(815) 937-8200

Area served: Kankakee County except Pembroke Township

Pembroke Local Health Department
P.O. Box 530
Hopkins Park, IL 60944
(815) 944-5241

Area served: Pembroke Township in Kankakee County

KENDALL COUNTY

See Kane County

KNOX COUNTY

See Henderson County

LAKE COUNTY

Lake County Health Department
2303 Dodge
Waukegan, IL 60085
(312) 689-6781

LASALLE COUNTY

LaSalle County/Planned Parenthood
of Mid Central Illinois
211½ W. Madison
Ottawa, IL 61350
(815) 433-4111

LAWRENCE COUNTY

See Franklin County

LEE COUNTY

Lee County Health Department
144 N. Court St.
Dixon, IL 61021
(815) 284-3371

LIVINGSTON COUNTY

Livingston County Health
Department
R.R. 4
Pontiac, IL 61764
(815) 844-7174

LOGAN COUNTY

Central Illinois Economic
Development Corporation
Logan County WIC
128 Pine St.
Lincoln, IL 62656
(217) 732-9814

MACON COUNTY

Macon County Health Department
1085 S. Main St.
Decatur, IL 62521
(217) 423-3764

Also serving: DeWitt and
Piatt Counties

MACOUPIN COUNTY

Macoupin County Health Department
Macoupin County WIC
130 E. 1st South - Apt. #3
Carlinville, IL 62626
(217) 854-7272

MADISON COUNTY

Coordinated Youth Services
1254 Niedringhous
Granite City, IL 62040
(618) 876-2383

MARION COUNTY

BCMW Community Services, Inc.
909 E. Rexford, Box 845
Centralia, IL 62801
(618) 532-7388

Also serving: Clinton and
Washington Counties

MARSHALL COUNTY

Peoria City/County Health
Department
Marshall County Courthouse
Lacon, IL 61540
(309) 246-8734

MASON COUNTY

Mason County Health Department
118 W. Market
P.O. Box 316
Havana, IL 62644
(309) 543-6072

MASSAC COUNTY

See Pulaski County

MCDONOUGH COUNTY

McDonough County Health
Department
303 E. Jefferson St.
Macomb, IL 61455
(309) 837-9951

MCHENRY COUNTY

McHenry County Health Department
2200 N. Seminary Ave.
Woodstock, IL 60098
(815) 338-2040

MCLEAN COUNTY

McLean County Health Department
905 N. Main
Normal, IL 61761
(309) 454-1161

MENARD COUNTY

Menard County Health Department
809 Old Salem Road
Petersburg, IL 62675
(217) 632-7864

MERCER COUNTY

See Henderson County

MONROE COUNTY

See Randolph County

MONTGOMERY COUNTY

Montgomery County Health Department
2nd Floor, Courthouse Annex
200 S. Main, Box 128
Hillsboro, IL 62049
(217) 532-6138

MORGAN COUNTY

See Greene County

MOULTRIE COUNTY

See Shelby County

OGLE COUNTY

See Winnebago County

PEORIA COUNTY

Peoria City/County Health Department
2116 Sheridan Rd.
Peoria, IL 61604
(309) 685-6181

PERRY COUNTY

Perry County Health Department
102 S. Walnut
Pinckneyville, IL 62274
(618) 357-9631

PIATT COUNTY

See Macon County

PIKE COUNTY

See Greene County

POPE COUNTY

See Pulaski County

PULASKI COUNTY

Southern Seven Health Department
R.R. #1, Shawnee College Rd.
Ullin, IL 62992
(618) 634-2297 or 2298

Also serving: Alexander, Hardin, Johnson, Massac, Pope, and Union Counties

PUTNAM COUNTY

See Bureau County

RANDOLPH COUNTY

Randolph County Health Department
P.O. Box 590
Chester, IL 62233
(618) 826-5007

Also serving: Monroe County

RICHLAND COUNTY

See Franklin County

ROCK ISLAND COUNTY

Rock Island County Health Department
2116 25th Ave.
Rock Island, IL 61201
(309) 793-1957

SALINE COUNTY

Egyptian Health Department
Route 3, Box 87
Eldorado, IL 62930
(618) 273-3326

Also serving: Gallatin and White Counties

SANGAMON COUNTY

Springfield Department of Public Health
1415 E. Jefferson St.
Springfield, IL 62703
(217) 789-2182

Springfield Urban League
2500 South Grand East
Springfield, IL 62703
(217) 753-0330

Area served: City of Springfield

SCHUYLER COUNTY

Schuyler Counseling and Health Services
226 N. Liberty, Box 98
Rushville, IL 62681
(217) 322-4305

Also serving: Cass County

SCOTT COUNTY

See Greene County

SHELBY COUNTY

Shelby County Health Department
111 Cedar
Shelbyville, IL 62565
(217) 774-2014

Also serving: Moultrie County

STARK COUNTY

See Henry County

ST. CLAIR COUNTY

East Side Health District
638 N. 20th St.
East St. Louis, IL 62205
(618) 397-3600 or 274-4888

Area served: Canteen, Centreville, East St. Louis, and Stites Townships

St. Elizabeth's Hospital
410 S. Third St.
Belleville, IL 62221
(618) 233-6170

Area served: St. Clair County except East Side Health District jurisdiction

STEPHENSON COUNTY

See Winnebago County

TAZEWELL COUNTY

Tazewell County Health Department
R.R. 2
Tremont, IL 61568
(309) 925-5511

UNION COUNTY

See Pulaski County

VERMILION COUNTY

Vermilion County Health Department
R.R. #1, Box 12-B
Tilton Road
Danville, IL 61832
(217) 446-4536

WABASH COUNTY

See Wayne County

WARREN COUNTY

See Henderson County

WASHINGTON COUNTY

See Marion County

WAYNE COUNTY

Wabash Area Development, Inc.
Rural Resource Center WADI
R.R. #4, South Highway 45
Fairfield, IL 62837
(618) 842-7181

Also serving: Edwards, Hamilton, and Wabash Counties

WHITE COUNTY

See Saline County

WHITESIDE COUNTY

See Winnebago County

WILL COUNTY

Joliet-Will County Community Action Agency
407 N. Ottawa
Joliet, IL 60432
(815) 727-8984

WILLIAMSON COUNTY

See Franklin County

WINNEBAGO COUNTY

Winnebago County Health Department
401 Division St.
Rockford, IL 61108
(815) 962-5092

Also serving: Boone, Carroll, DeKalb, Jo Daviess, Ogle, Stephenson, and Whiteside Counties

WOODFORD COUNTY

Eureka Hospital Home Health Agency
101 S. Major
Eureka, IL 61530
(309) 467-2371, Ext. 238

* * * * *

ILLINOIS MIGRANT COUNCIL
202 S. State St., 15th Floor
Chicago, IL 60602
(312) 663-1522

Serving Migrant Health Centers located in Aurora, Hoopeston, Kankakee, Princeville, and Rochelle

Illinois Maternal and Child Health Program

The prevention of infant mortality and developmental disabilities and the promotion of the health of mothers and children are the goals of the Illinois Maternal and Child Health Program (MCH). This program is under the Division of Family Health in the Department of Public Health. The MCH direct service programs which provide some form of nutrition education or nutrition services are: The Perinatal Care Program, Prenatal Care, Adolescent Pregnancy, Family Planning, and the Chicago Department of Health Maternal and Child Health Project. The following is a list of MCH direct service programs.

Statewide Regionalized Perinatal Care Program

There are ten perinatal systems (19 perinatal centers) in Illinois which serve five perinatal regions in the state. They are at medical schools with additional affiliated hospitals designated as member units of each center. Activities include professional education programs for regional hospitals and local health agencies, consultations to local providers of prenatal, intrapartum and new born patients, and follow-up health care for patients discharged from perinatal centers.

Eligibility: The program benefits all citizens of Illinois through a systematic organization of perinatal care.

Fee: The Division of Family Health provides partial or comp[illegible]e financial assistance to the 8% to 10% of the program's client[illegible] who have no other source of support for payment of care.

NORTHEAST REGION (Counties served: Cook, DuPage, Kankakee, Lake, and Will)

University of Chicago Hospital
5841 Maryland Ave.
Chicago, IL 60637

Michael Reese Hospital
2929 S. Ellis
Chicago, IL 60616

Cook County Hospital
1825 W. Harrison St.
Chicago, IL 60612

Northwestern University of
McGaw Medical Center
333 E. Superior St.
Chicago, IL 60611

Evanston Hospital
2650 Ridge Ave.
Evanston, IL 60201

Children's Memorial
2300 Children's Plaza
Chicago, IL 60614

University of Illinois
840 S. Wood St.
Chicago, IL 60612

Lutheran General Hospital
1775 Dempster
Park Ridge, IL 60068

Dept. of Public Health (Continued)

Foster G. McGaw Hospital of
Loyola University
2160 S. First Ave.
Maywood, IL 60153

Christ Hospital
4440 W. 95th St.
Oak Lawn, IL 60453

Rush-Presbyterian-St. Luke's
1753 W. Congress Parkway
Chicago, IL 60612

NORTHWESTERN REGION (Counties served: Boone, Carroll, DeKalb, Jo Daviess, Kane, Lee, McHenry, Ogle, Stephenson, Whiteside, and Winnebago)

Rockford Memorial Hospital
2400 N. Rockton Ave.
Rockford, IL 61101

NORTH CENTRAL REGION (Counties served: Bureau, Ford, Fulton, Grundy, Hancock, Henderson, Henry, Iroquois, Kendall, Knox, LaSalle, Livingston, Marshall, McDonough, McLean, Mercer, Peoria, Putnam, Rock Island, Stark, Tazewell, Warren, and Woodford)

St. Francis Hospital
530 N. E. Glen Oak Ave.
Peoria, IL 61637

SOUTH CENTRAL REGION (Counties served: Adams, Brown, Calhoun, Cass, Champaign, Christian, Clark, Coles, Crawford, Cumberland, DeWitt, Douglas, Edgar, Effingham, Fayette, Greene, Jasper, Jersey, Logan, Macon, Macoupin, Mason, Menard, Montgomery, Morgan, Moultrie, Piatt, Pike, Sangamon, Schuyler, Scott, Shelby, and Vermilion)

St. John's Hospital
800 E. Carpenter St.
Springfield, IL 62702

Memorial Medical Center
800 N. Rutledge St.
Springfield, IL 62702

SOUTHERN REGION (Counties served: Alexander, Bond, Clay, Clinton, Edwards, Franklin, Gallatin, Hamilton, Hardin, Jackson, Jefferson, Johnson, Lawrence, Madison, Marion, Massac, Monroe, Perry, Pope, Pulaski, Randolph, Richland, St. Clair, Saline, Union, Wabash, Washington, Wayne, White, and Williamson)

Washington University School
of Medicine
St. Louis Children's Hospital
500 S. Kingshighway Blvd.
St. Louis, MO 63110

St. Louis University School
of Medicine
Cardinal Glennon
1465 S. Grand
St. Louis, MO 63104

Barnes Hospital
4911 Barnes Hospital Plaza
St. Louis, MO 63110

St. Mary's Health Center
6420 Clayton Rd.
St. Louis, MO 63117

Prenatal Care Project

The Prenatal Care Project provides innovative, comprehensive, and integrated perinatal health care services to women and infants in the state. These services include medical care, nutrition counseling, social services, health education, outreach efforts, and follow-up.

Eligibility: Pregnant women who could not otherwise receive prenatal care due to financial or other barriers.

Fee: Variable.

Contact:

Clay County Health Department
104½ W. Second St.
Flora, IL 62839

Cook County Department of Public Health
1500 S. Maybrook Dr.
Maywood, IL 60153

East Side Health District
638 N. 20th St.
East St. Louis, IL 62205

Greene County Health Department
419 N. Main
Carrollton, IL 62016

Lake County Health Department
3010 Grand Ave.
Waukegan, IL 60085

McHenry County Health Department
2200 N. Seminary Ave.
Woodstock, IL 60098

Pembroke Health Department
P.O. Box 530
Hopkins Park, IL 60944

Peoria City/County Health Department
2116 N. Sheridan Rd.
Peoria, IL 61604

Southern Seven Health Department
R.R. 1
Shawnee College Road
Ullin, IL 62992

Will County Health Department
501 Ella Ave.
Joliet, IL 60433

Winnebago County Health Department
401 Division St.
Rockford, IL 61108

Aunt Martha's Youth Service Center's
Adolescent Pregnancy Project (Parachute Program)

The Parachute Program provides services to pregnant adolescents and adolescent parents. Emphasis is on providing or linking teens with health, social, educational, and vocational resources.

Dept. of Public Health (Continued)

Eligibility: Teens who would not receive care from other sources and live in the project area.

Fee: There is no charge.

Contact: Project Director
Parachute Program
Aunt Martha's Youth Service Center, Inc.
221 Plaza
Park Plaza
Park Forest, IL 60466
(312) 747-2701

Family Focus, Our Place - Adolescent Pregnancy Program

Family Focus, Our Place provides health, educational, social, and vocational services to pregnant and parenting teens. Emphasis is on linking teens with community resources to avoid pregnancy, improve pregnancy outcomes, improve parenting skills, complete education, and secure employment.

Eligibility: Teens who reside in the project area.

Fee: There is no charge.

Contact: Project Director
Family Focus, Our Place
2300 Green Bay Rd.
Evanston, IL 60201
(312) 869-1500

The Winnebago Family Planning Project

The Winnebago Family Planning Project provides voluntary comprehensive preconceptional and interconceptional family planning services. The project provides family planning services, patient and community education, nutritional counseling, and various referral services. There is an emphasis on teenagers.

Eligibility: The services are available to those persons residing in a project area.

Fee: There is no fee.

Contact: Winnebago County Department of Public Health
Director, Family Planning Division
401 Division
Rockford, IL 61108

Chicago Department of Health
Maternal and Child Health Project

The Maternal and Child Health Project operated by the Chicago Department of Health provides comprehensive and continuous prenatal and post-partum services to adolescent and other high risk pregnant women and mothers and comprehensive health care to high risk infants, children, and youth to age 18 years. The project is designed primarily for low income persons and provides health supervision, preventive health services, health planning, and a broad range of support services including nutrition, health education, social work, and public health nursing.

Eligibility: Services are available to pregnant women, infants, children, and adolescents who live in the project area.

Fee: Based on ability to pay, with no fee charged to those determined to be low income.

Contact: Chicago Department of Health
Richard J. Daley Center, Room 219
Chicago, IL 60602
(312) 744-6593

UNIVERSITY OF ILLINOIS
COOPERATIVE EXTENSION

Home Economics and family education programs through Cooperative Extension focus on educational activities which contribute to improved quality of family life. There are 99 county Cooperative Extension programs throughout the state. Most programs aim toward a general audience; however, programs designed for particular groups are available. County Home Economists are in all parts of Illinois for planning and implementation of educational programs for improved quality of life, including nutrition education.

Expanded Food and Nutrition Education Program (EFNEP)

EFNEP, a program of the Cooperative Extension Service, is the major nutrition education program funded by the federal government. This educational program is designed to help homemakers understand the relationship of good nutrition to the well being of families. It also tries to develop skills in food preparation and selection, food storage and sanitation, and resource management. EFNEP employs paraprofessionals, trained and supervised by professional nutritionists, who conduct the activities. An effort is made to recruit the paraprofessionals from the program areas. 4-H type activities are conducted with the children, as well as working with parents. These programs may be given either on an individual basis or in small groups.

This program focuses on the low income household, with an emphasis on food stamp recipients. EFNEP is active in the following counties: Champaign, Cook, Jackson, Macon, Peoria, Rock Island, and St. Clair.

Consumer and Homemaking Education Program (CHEP)

CHEP is the only program of its kind in the nation designed to teach management and homemaking skills to low-income homemakers. This program has enabled the Cooperative Extension Service to reach adults not being taught through other Extension programs. Lessons are taught on credit, budgeting, food buying, clothing, household management, health, family life, and community resources. Currently, CHEP is in Madison, St. Clair, and Cook Counties.

Eligibility: Cooperative Extension programs are provided for the general public, with the exception of the two programs outlined above.

Fee: None

U of I Cooperative Extension (Continued)

Cooperative Extension County Offices:

ADAMS COUNTY
330 S. 36th St., Box 2571
Quincy, IL 62301

BOND COUNTY
Lake & Harris Ave., Box 129
Greenville, IL 62246

BOONE COUNTY
930 W. Locust
Belvidere, IL 61008

BROWN COUNTY
109 W. North
Mt. Sterling, IL 62353

BUREAU COUNTY
R.R. #1, Rt. 26 North
Princeton, IL 61356

CALHOUN COUNTY
Box 366 - South Park St.
Hardin, IL 62047

CARROLL COUNTY
Route 1, Box 5
Mt. Carroll, IL 61053

CASS COUNTY
210 S. Main St.
Virginia, IL 62691

CHAMPAIGN COUNTY
1715 W. Springfield
Box 3367
Champaign, IL 61821

CHRISTIAN COUNTY
1120 N. Webster
Taylorville, IL 62568

CLARK COUNTY
Route #2
Marshall, IL 62441

CLAY COUNTY
S. E. Corner, Square
Louisville, IL 62858

CLINTON COUNTY
E. Rt. U.S. 50, Box 9
Breese, IL 62230

COLES COUNTY
703 Monroe St., Box 308
Charleston, IL 61920

COOK COUNTY AREA I
11033 S. Michigan Ave.
Chicago, IL 60628

COOK COUNTY AREA II
5106 S. Western
Chicago, IL 60609

COOK COUNTY AREA III
2804 W. Belmont
Chicago, IL 60618

COOK COUNTY
4200 W. Euclid Ave.
Rolling Meadows, IL 60008

COOK COUNTY
Suite 206
17500 S. Oak Park Ave.
Tinley Park, IL 60477

CRAWFORD COUNTY
300 S. Lincoln St., Box 655
Robinson, IL 62454

CUMBERLAND COUNTY
Rt. 121 East
P.O. Box 218
Toledo, IL 62468

DEKALB COUNTY
315 N. Sixth St.
DeKalb, IL 60115

DEWITT COUNTY
803 W. Leander
Clinton, IL 61727

DOUGLAS COUNTY
600 S. Washington
Tuscola, IL 61953

U of I Cooperative Extension (Continued)

DUPAGE COUNTY
421 N. County Farm Rd.
Wheaton, IL 60187

EDGAR COUNTY
210 W. Washington
Paris, IL 61944

EDWARDS COUNTY
350 N. Seventh St.
Albion, IL 62806

EFFINGHAM COUNTY
1204 Wenthe Dr.
P.O. Box 810
Effingham, IL 62401

FAYETTE COUNTY
118 N. Sixth St.
Vandalia, IL 62471

FORD COUNTY
100 N. Hunt St.
Melvin, IL 60952

FRANKLIN COUNTY
P.O. Box 539
Benton, IL 62812

FULTON COUNTY
Rts. 97 & 100, Box 68
Lewistown, IL 61542

GALLATIN COUNTY
Murphy St., Box 487
Ridgway, IL 62979

GREENE COUNTY
R.R. 3, Box 129C
Carrollton, IL 62016

GRUNDY COUNTY
116½ E. Washington
Box 432
Morris, IL 60450

HAMILTON COUNTY
Courthouse
McLeansboro, IL 62859

HANCOCK COUNTY
550 N. Madison
R.R. #3, Box 114A
Carthage, IL 62321

HENDERSON COUNTY
119 S. Broadway, Box 540
Stronghurst, IL 61480

HENRY COUNTY
116 N. East St.
Cambridge, IL 61238

IROQUOIS COUNTY
123 S. Fifth St.
Watseka, IL 60970

JACKSON COUNTY
P.O. Box 160
Murphysboro, IL 62966

JASPER COUNTY
Rt. 1, Box 274
Newton, IL 62448

JEFFERSON COUNTY
R.R. #3, Rt. 15 West
Mt. Vernon, IL 62864

JERSEY COUNTY
P.O. Box 408
Jerseyville, IL 62052

JO DAVIESS COUNTY
State Bank Bldg., Box 1
Elizabeth, IL 61028

JOHNSON COUNTY
208 E. Main St.
P.O. Box 158
Vienna, IL 62995

KANE COUNTY
535 Randall Rd.
St. Charles, IL 60174

KANKAKEE COUNTY
K.C.C. Campus, River Road
P.O. Box 2266
Kankakee, IL 60901

KENDALL COUNTY
4-C Bonnie Lane
Yorkville, IL 60560

KNOX COUNTY
180 S. Soangetaha Rd.
Box 1347
Galesburg, IL 61401

U of I Cooperative Extension (Continued)

LAKE COUNTY
33020 N. Highway 45
Grayslake, IL 60030

LASALLE COUNTY
125 Swanson St., Box 489
Ottawa, IL 61350

LAWRENCE COUNTY
1406 Locust St., Box 657
Lawrenceville, IL 62439

LEE COUNTY
39 S. East Ave.
P.O. Box 119
Amboy, IL 61310

LIVINGSTON COUNTY
222½ W. Madison
Pontiac, IL 61764

LOGAN COUNTY
122 S. McLean
Lincoln, IL 62656

MCDONOUGH COUNTY
U.S. 136 West, Box 463
Macomb, IL 61455

MCHENRY COUNTY
789 McHenry Ave.
Box 431
Woodstock, IL 60098

MCLEAN COUNTY
402 Hershey Rd.
Bloomington, IL 61701

MACON COUNTY
Suite G4
985 Pershing Rd., Box 2219
Decatur, IL 62526

MACOUPIN COUNTY
210 N. Broad St.
Carlinville, IL 62626

MADISON COUNTY
900 Hillsboro, Box 427
Edwardsville, IL 62025

MARION COUNTY
1404 E. Main
Rt. 50 East
Salem, IL 62881

MARSHALL-PUTNAM COUNTY
300 Edward St.
Henry, IL 61537

MASON COUNTY
133 S. High, Box 170
Havana, IL 62644

MASSAC COUNTY
Rt. 1, Box 377
Metropolis, IL 62960

MENARD COUNTY
420 S. Seventh St.
Box 275
Petersburg, IL 62675

MERCER COUNTY
206 S. E. Third St.
Box 227
Aledo, IL 61231

MONROE COUNTY
509a W. Mill St.
Waterloo, IL 62298

MONTGOMERY COUNTY
102 N. Main St.
Hillsboro, IL 62049

MORGAN COUNTY
104 N. Westgate Ave.
Jacksonville, IL 62650

MOULTRIE COUNTY
1102 W. Jackson, Box 223
Sullivan, IL 61951

OGLE COUNTY
Pines Rd., P.O. Box 99
Oregon, IL 61061

PEORIA COUNTY
1716 N. University
Peoria, IL 61604

PERRY COUNTY
113 E. South St.
Box 347
Pinckneyville, IL 62274

PIATT COUNTY
427 W. Marion, Box 308
Monticello, IL 61856

PIKE COUNTY
R.R. #3, Box 23
Pittsfield, IL 62363

POPE-HARDIN COUNTY
Dixon Springs Agr. Center
R.R. #2
Simpson, IL 62985

PULASKI-ALEXANDER COUNTY
124 N. Oak St.
Mounds, IL 62964

RANDOLPH COUNTY
S. St. Louis & Belmont, Box C
Sparta, IL 62286

RICHLAND COUNTY
306 S. Fair, Box 364
Olney, IL 62450

ROCK ISLAND COUNTY
1188 John Deere Rd.
East Moline, IL 61244

ST. CLAIR COUNTY
116 S. Charles, Box 331
Belleville, IL 62222

SALINE COUNTY
21½ W. Robinson
Harrisburg, IL 62946

SANGAMON COUNTY
Box 8467
Springfield, IL 62702

SCHUYLER COUNTY
710 Maple Ave.
Rushville, IL 62681

SCOTT COUNTY
24 S. Main St.
Winchester, IL 62694

SHELBY COUNTY
P.O. Box 208
Shelbyville, IL 62565

STARK COUNTY
302 S. Downend St.
Toulon, IL 61483

STEPHENSON COUNTY
Highland Community College
Bldg. A, Pearl City Rd.
Freeport, IL 61032

TAZEWELL COUNTY
1505 Valle Vista
Pekin, IL 61554

UNION COUNTY
R.R. #1
Anna, IL 62906

VERMILION COUNTY
3803 N. Vermilion
Danville, IL 61832

WABASH COUNTY
R.R. #1, Box 64
Mt. Carmel, IL 62863

WARREN COUNTY
1000 N. Main, Box 325
Monmouth, IL 61462

WASHINGTON COUNTY
Box 192
Nashville, IL 62263

WAYNE COUNTY
521 W. Main St.
Fairfield, IL 62837

WHITE COUNTY
304 E. Robinson
Carmi, IL 62821

WHITESIDE COUNTY
100 E. Knox
Morrison, IL 61270

WILL COUNTY
100 Manhattan Rd.
Joliet, IL 60431

WILLIAMSON COUNTY
906 E. Reeves St.
Marion, IL 62959

WINNEBAGO COUNTY
4311 W. State St.
Rockford, IL 61102

WOODFORD COUNTY
P.O. Box 137
Eureka, IL 61530